

**MON/AMI Resource Library
Annotated List
October 1994**



**Montana Alliance for the Mentally Ill
324 Fuller Avenue, Room C-4
Helena, Montana 59601
(406) 443-7871**

MONTANA STATE LIBRARY

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MON/AMI Resource Library annotated list.



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**Montana Alliance for the
Mentally Ill (MON/AMI)
324 Fuller Avenue, Room C-4
Helena, Montana 59601
(406) 443-7871**

**Library Hours M W F
9 a.m. to 12 p.m.
(A future extension of hours is expected.)
(Answering machine will take messages.)**

October, 1994

RE: MON/AMI RESOURCE LIBRARY

Dear Friends,

The Montana Alliance for the Mentally Ill is happy to offer this updated catalog of library materials for 1994-1995.

MON/AMI is committed to its library project, the MON/AMI Resource Library, in order to educate families, consumers, and the public about mental illness. We work diligently to encourage support, build informed advocacy, promote research and reduce the stigma associated with mental illness.

Videotapes and audio-cassettes may be borrowed for two weeks at a time. Books are due three weeks from check out day. If difficulties are encountered with the resources, please let the library know as soon as possible.

Library resource materials are for educational purposes only and are not to be used commercially.

A rental fee is not charged, but we ask you to pay the return postage on the materials. One way to show appreciation of our efforts, though there is no obligation, is to send a donation to help continue expansion of the resource library. A second way is to join a local group of Alliance for the Mentally Ill. A list of the current AMI groups is available through the library.

Thank you for caring enough to stay informed.

Sincerely yours,

The MON/AMI Library Committee

The MON/AMI Library Committee

Please make checks payable to:
MON/AMI RESOURCE LIBRARY
324 Fuller, Room C-4
Helena, MT 59601

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MON/AMI RESOURCE LIBRARY

DESCRIPTION OF LIBRARY COLLECTION

The MON/AMI Resource Library, a project of Montana Alliance for the Mentally Ill, is a collection of videos, audio-cassettes and books about serious mental illnesses and the people who suffer because of them.

PURPOSE OF LIBRARY

We believe the library is a valuable tool for educating members, the public and professional community -- and especially helpful to new members who learn there is a considerable body of quality, non-technical resources available to help understand mental illnesses and cope with them.

Through this educational commitment, MON/AMI is better able to advance the goals of: advocacy, research, eradication of stigma and, eventually, find a cure for the brain diseases that have caused loved ones such pain.

LIBRARY AUTHORITY AND POLICIES

The dominant authority for resources is the National Alliance for the Mentally Ill (NAMI) Literature Committee and their Annotated Book List. Recommendations come also from AMI's family members and consumers and from professional friends of AMI.

Again, our materials are for educational purposes only and are not to be used commercially.

To request an extension on library materials, (see previous page for due dates) please call MON/AMI Library at 443-7871. We are glad to oblige if no one is waiting for the piece. We appreciate your cooperation with our procedures.

ACKNOWLEDGMENT

The MON/AMI Resource Catalog is printed by the Montana Department of Corrections and Human Services with funding help from the Community Support Program of the National Institute of Mental Health.

October, 1994

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**WE'RE OUT
TO CHANGE A
LOT OF MINDS**

PART ONE: BOOKS

ANXIETY DISORDERS, PANICS, OBSESSIVE/COMPULSIVE & PERSONALITY DISORDERS, OTHERS

BABIOR, Shirley, LCSW, MFCC and Carol Goldman, LCSW

Overcoming Panic Attacks: Strategies to Free Yourself from the Anxiety Trap. CompCare Publishing, 1990 92 pgs.

BECK, Aaron T., MD and Arthur Freeman, EdD
Cognitive Therapy of Personality Disorders. Guilford Press, 1990

Beck and his associates have produced an exceptionally useful handbook in the cognitive behavioral tradition for working with the challenging problem of personality disorders. 396 pgs.

BOURNE, Edmund J.
The Anxiety and Phobia Workbook, New Harbinger Publications, 1990

Step by step guidelines and exercises for people struggling with panic attacks, or agoraphobia and anxiety. 313 pgs.

CAUWELS, Janice
Imbroglia: Rising to the Challenge of Borderline Personality Disorder. W. W. Norton, 1992

Recent words and research into a disorder that will promote more and more interest within the mental health system in the 1990s, Decade of the Brain. 399 pgs.

GOLD, Mark S., MD
The Good News About Panic, Anxiety and Phobias. Villard Books, New York, 1989

Cures, treatments and solutions in the new age of biopsychiatry. 284 pgs.

GOLDSTEIN, Alan, PhD and Berry Stainback
Overcoming Agoraphobia. Penguin Books, 1987

The director of Temple University's Agoraphobia and Anxiety Program. Goldstein helps his clients conquer the fear of the outside world. 285 pgs.

GRIEST, John
Obsessive Compulsive Disorder: A Guide. Obsessive-Compulsive Information Center, University of Wisconsin, 1989 46 pgs.

GUNDERSON, John G., MD
Borderline Personality Disorder. American Psychiatric Press, Inc., 1984

Quote from jacket cover: "This book will be of interest to anyone with clinical responsibilities treating borderline personality disorder, historically a subject of much confusion and controversy. Dr. Gunderson, a recognized authority on personality disorders, schizophrenia, has written a definitive guide to the diagnosis and treatment of borderline personality disorder." 204 pgs.

KAYSEN, Susanna
Girl, Interrupted. Turtle Bay Books (Div. Random House), 1993

Kaysen, at 18, spends two years at McLean Psychiatric Hospital. She looks back at her time and treatment there with the diagnosis of personality disorder. 168 pgs.

KREISMAN, Jerold J., MD and Hal Straus
I Hate You — Don't Leave Me, Avon Books, 1989
Understanding the borderline personality. 207 pgs.

LEVENKRON, Steve
Obsessive-Compulsive Disorders. Warner Books, 1991

LINEHAN, Marsha M.
Cognitive-Behavioral Treatment of Borderline Personality Disorder. Guilford Publications, Inc., 1993

"Every once in a very long while, in our field, a clinical innovation is introduced that profoundly improves patient care. Marsha Linehan's development of a cognitive-behavioral approach to borderline personality disorder is such a rare innovation . . . Her techniques are clear, teachable, and learnable and make good common sense . . ." From the foreword by Allen Frances, MD. 558 pgs.

LINEHAN, Marsha M.
Skills Training Manual for Treating Borderline Personality Disorder. A Companion Manual, Guilford Publishing, 1993

This manual is a step-by-step guide for teaching clients four sets of skills: interpersonal effectiveness, emotion regulation, distress tolerance, and mindfulness. The manual features an array of client hand-outs that may be readily photocopied. 180 pgs.

RAPOPORT, Judith L., MD

The Boy Who Couldn't Stop Washing. The Experience and Treatment of Obsessive-Compulsive Disorder. Plume, 1989, E.P. Dutton, New York, 1988

Quote from jacket cover: "...Obsessive-Compulsive Disorder (OCD) is an emotionally crippling disease that afflicts up to six million Americans. Petty thoughts, pointless rituals -- cleaning, counting, avoiding, checking -- that sufferers are powerless to stop, repeating them over and over until they feel they have "gotten it right". In this landmark study, a distinguished psychiatrist and expert on OCD recounts the extraordinary experiences of dozens of her patients, many of who speak in their own words, and explores the successes of new and existing treatments. By providing guidelines for diagnosis as well as lists of resources and references, The Boy Who Couldn't Stop Washing offers new hope for OCD patients and their families..." 261 pgs.

ROSS, Jerilyn

Triumph Over Fear. Bantam Books, 1991

Through case histories, the many faces of anxiety, including phobias, panic disorder, Obsessive Compulsive Disorder and Post Traumatic Stress Disorder are explored. Step-by-step treatment plans are introduced. 297 pgs.

WILSON, R. Reid, PhD

Don't Panic: Taking Control of Anxiety Attacks. Harper Collins, 1987

Dr. Wilson is an internationally known specialist in the treatment of anxiety and panic disorders. He offers strategies that have been found to be successful in his practice. 288 pgs.

CHILDREN & ADOLESCENTS

AXLINE, Virginia M.

Dibs in Search of Self. Houghton, Mifflin Co., 1964

The author is known for her contributions to the theory and practice of play therapy with children. "This is the story of the emergence of a strong, healthy personality in a previously deeply disturbed child." 220 pgs.

AXLINE, Virginia M.

Play Therapy. Ballantine Books, 1947

Section titles include: Introduction to Play Therapy, The Non-Directive Play Therapy Situation and Participants, The Principles of Non-Directive Play Therapy, Implications of Education, and Annotated Therapy Records. 370 pgs.

BRUCH, Hilda MD

The Golden Cage. Anorexia Nervosa. Vintage, 1978

At the time of the printing of this book, Dr. Bruch was Professor of Psychiatry at Baylor College of Medicine. She has authored articles and books, including: Eating Disorders and Learning Psychotherapy Rationale and Ground Rules. 159 pgs.

CANTOR, Sheila

The Schizophrenic Child. Eden Press, 1982

Defines schizophrenia, takes the reader through stages of development: three months through adolescence. The book talks about parent interest groups, also has a section called "To the Physician". Contains reference list/glossary of terms. 109 pgs.

FRIEDMAN, Robert M. et al

Advocacy on Behalf of Children with Serious Emotional Problems. Charles C. Thomas, 1989

Discusses a range of strategies in different areas with case studies of successful efforts. NAMI members and its executive director, Laurie Flynn, have joined in this effort. 152 pgs.

HERSKOWITZ, Joel

Is Your Child Depressed? Pharos Books, 1988

Discussion of causes with emphasis on psychotherapy. What depression looks like in children. 224 pgs.

HYLAND, Betty

The Girl with the Crazy Brother. New York, Franklin Watts, 1987

FICTION: A story for teenagers of a girl whose brother is diagnosed as schizophrenic. Teenage siblings will relate to her experiences: her humiliation when her brother "acts crazy" at school, her feelings of isolation, her reluctance to have friends come to her house, the teasing that reflects stigma, her joy in finding an understanding friend. The book will reassure teenage siblings that they are not alone. 139 pgs.

JOHNSON, Julie Tallard

Understanding Mental Illness. Lerner Publications, 1989

A sympathetic writing for teens. 72 pgs.

LASKIN, Pamela and Moskowitz, Addie

Wish Upon a Star. Magination Press, 1991

A book for children with a mentally ill parent.

MacCRACKEN, Mary
Lovey: A Very Special Child, J.B. Lippencott Co., 1976

A compassionate teacher helps a disturbed child into "new life". 189 pgs.

McELROY, Evelyn, PhD
Children and Adolescents with Mental Illness: A Parents' Guide,* Woodbine House, 1988

Deals realistically and practically with the problems parents face when mental illness strikes a child. The book provides guidance in decisions about therapists and hospitals, the attitudes of professionals, crisis and emergencies, the educational and legal rights of children, and planning for the future. Encourages parents to learn about mental illness and be assertive in treatment decisions. 221 pgs.

MILLER, Alice
Breaking Down the Wall of Silence, Dutton, 1991
Famous psychotherapist writes of child abuse and its effects. 181 pgs.

MILLER, Alice
The Untouched Key, Doubleday, 1988
The famous psychotherapist traces childhood trauma in creativity and destruction. 170 pgs.

NIMH
Treating Family Violence in a Pediatric Hospital: A Program of Training and Research Services, NIMH, 1987

Quote from foreword by Salem A. Shah, PhD, Chief, Antisocial and Violent Behavior Branch, National Institute of Mental Health: "This monograph describes an innovative, exemplary program of training, research, and services for the treatment of family violence... with a particular focus on child abuse and neglect. The report highlights critical conceptual and procedural issues, the limits of current clinical knowledge and related service needs, and various gaps between research and practice..." 90 pgs.

NAYLOR, Phyllis Reynolds
The Keeper, Bantam Books 1986

FICTION: A supportive book when someone you love is mentally ill. The book relates the struggle a teenage boy and his mother go through to get treatment for a mentally ill father in denial. 212 pgs.

PESCHEL, Enid and Richard and James W. and Carol Howe
Neurobiological Disorders in Children and Adolescents, Jossey-Bass, San Francisco, 1992

This very important book asserts and documents two ideas not widely realized: (1) that serious mental illnesses exist in children and adolescents, and (2) that they originate in physical, neurochemical, or neuroanatomical disorders. The book will reassure and strengthen family members and provide essential information for mental health professionals, school personnel, insurance managers and lawyers. 140 pgs.

PORTLAND RESEARCH AND TRAINING CENTER
Taking Charge: A Handbook for Parents Whose Children Have Emotional Handicaps,* Portland State University, 1988

Discusses: Family Impact, Coping, Finding Help, Specialist for Diagnosis and Treatment, Common Conditions Exhibited, and Understanding the Law. Each section ends with a question and answer section. 108 pgs.

RILEY, Jocelyn
Only My Mouth is Smiling, William Morrow & Co., 1986

FICTION: A powerful story about a girl with a mentally ill mother who learns to act happy in spite of the pain she feels inside. 222 pgs.

SLABY, Andrew, MD and Lily Frank Garfinkel
No One Saw My Pain: Why Teenagers Kill Themselves, W.W. Norton Co., 1994

An insightful book for parents, teachers and anyone who works with adolescents. 288 pgs.

TEX/AMI-CAN (Children & Adolescent Network), Publishers
Facilitator, Parent Guide, 1992.

This information serves as a leadership tool for facilitators and may also be distributed to families and professionals for use with children and adolescents who suffer from neuro-biological disorders.

TORNEY, Carrie Lyn
What's Wrong With Nick, Friends of Nick, 1992

This book helps children feel comfortable enough with the issue of schizophrenia to ask questions. 15 pgs.

WENDEL, Paul
The Hyperactive Child, Adolescent and Adult, Paul Wendel, 1987

Discussion of attention deficit disorder, medical treatments, plus psychological and educational management. 162 pgs.

WOOD, Robert W., Editor
Journal of Child and Adolescent Psychotherapy,
Rivendell Foundation, Nov. 1987 88 pgs.

DEPRESSION

BECK, Aaron, MD
Cognitive Therapy of Depression, Guilford Publishing, 1981

This best-selling classic work shows how psychotherapists can effectively treat depressive disorders with accompanying problems such as anxiety, suicide threats, and the subtle dynamics such as doctor/patient relationships. 425 pgs.

BURNS, David, MD
Feeling Good: The New Mood Therapy, Signet Books, 1980

Dr. Burns has been one of the prime developers of Cognitive Therapy, upon which Feeling Good is based. Section headings include: Theory and Research, Practical Applications, "Realistic" Depressions, Prevention and Personal Growth, Defeating Hopelessness and Suicide, Coping with the Stresses and Strains of Daily Living, and The Chemistry of Mood. 416 pgs.

CRONKITE, Kathy
On the Edge of Darkness: Conversations About Conquering Depression, Doubleday, 1994

Well known entertainers, authors, and public servants testify. 352 pgs.

DEPRESSION IN PRIMARY CARE: CLINICAL PRACTICE GUIDELINE, Vol. 2, No. 5, April, 1993
Treatment of Major Depression, U.S. Dept. of Human Services 175 pgs.

DUKE, Patty and Gloria Hochman
A Brilliant Madness,* Bantam Books, 1992

The well-known actress tells the story of her experience with manic depression as a child star to the present. Duke's commitment to advocacy for the mentally ill and educating the public about bipolar disorder has endeared her to AMI members around the United States. Science writer, Hochman, provides alternate chapters of recent research into this brain disorder. 285 pgs.

FIEVE, Dr. Ronald R.
Moodswing: The Third Revolution in Psychiatry,
New York, Bantam Books, 1976

A readable book, that was for many years the only one of its kind. Written by a pioneer in the use of lithium, it presents many case studies to illustrate features of the disease. More recently published books deal more comprehensively with the variety of depressive illnesses, the increasing precision of diagnosis, and options in treatment. 244 pgs.

GOODWIN, Frederick K. and Kay Redfield Jamison
Manic Depressive Illness,* New York, Oxford University Press, 1990

A long anticipated landmark book for physicians and scientists by a psychiatrist and clinical psychologist who are world leaders in their field. It is comprehensive, authoritative and readable and will be the leading book on the subject for many years. The authors show great sensitivity to the suffering that accompanies manic-depression. 938 pgs.

JAMISON, K.
Touched by Fire: Manic Depressive Illness and the Artistic Temperament, Free Press, 1993 370 pgs.

KLEIN, Donald F., MD and Paul H. Wender, MD
Understanding Depression: A Complete Guide to Its Diagnosis and Treatment, Oxford University Press, 1993 181 pgs.

KLINE, Nathan, MD
From Sad to Glad, Ballantine Books, 1974

A readable account of clinical depression that cites outstanding individuals who were manic depressive and gives profiles of patients. The book describes the impact of depression, research, brain function, and drug therapies and explains the complexity of matching medication to the patient's biochemistry. More recent books distinguish more clearly between various forms of depression. 214 pgs.

MONDIMORE, Francis M.
Depression: The Mood Disease, Johns Hopkins Press, 1990

Dr. Mondimore offers authoritative and comprehensive evidence that serious depression is a no-fault bio-chemical disorder in lay terms. He also gives an optimistic assessment of future treatments. 225 pgs.

NAMI

Clinical Depression Series, NAMI, 1992, 1993

References, articles and pamphlets, in folder format, dealing individually with clinical depression and the College Student, Young Professional Women, Older Americans and African Americans. Eli Lilly & Co. provided the educational grant.

PAPOLOS, Demitri and Janice Papolos

Overcoming Depression, Harper & Row, 1987

A comprehensive, up-to-date treatment of depression that is clearly organized and easy to manage. It begins with descriptions of the disease, discussions of diagnosis and research, and moves on to consider various forms of treatment. A closing section on "Living with the Illness" is practical and realistic. Appendices list resources for families and patients and summarize state commitment laws. 319 pgs.

DUAL DISORDERS

(MENTAL ILLNESS & SUBSTANCE ABUSE)

EVANS, Katie and J. Michael Sullivan

Dual Diagnosis: Counseling the Mentally Ill Substance Abuser, Guilford Press, 1990

Authors argue for simultaneous treatment of mental illness and substance abuse. 162 pgs.

PEPPER, Bert, MD and Hilary Ryglewicz ACSW
Alcohol and Street Drugs: What Parents Need to Know, The Information Exchange (T.I.E.), 1989
2 copies 58 pgs.

PEPPER, Bert, MD and Hilary Ryglewicz ACSW,
Alcohol and Street Drugs: Time for a Choice, T.I.E., Inc. 2 copies 58 pgs.

PEPPER, Bert, MD and Hilary Ryglewicz ACSW
Alcohol, Drugs and Mental and Emotional Problems: What You Need to Know to Help Your Dual-Disorder Client, T.I.E., Inc. 2 copies 127 pgs.

FAMILIES & COPING STRATEGIES

ACKERMAN, Robert J., PhD

Let Go and Grow: Recovery for Adult Children, Health Communications Inc., 1987

Quote from cover: "In Let Go and Grow: Recovery for Adult Children, Dr. Ackerman, from his in-depth studies, identifies the characteristics of all adult children of alcoholics, plus the varying and diverse types. He identifies the positive characteristics and pinpoints the problem areas, so that through the process of forgiveness and understanding, the adult child, too, can achieve positive intimate relationships. From recognizing and dealing with the problem with the parent(s), the adult child can make peace within the family to let go the problems of the past, and grow into healthy adulthood. 187 pgs.

AMI of OHIO -- Religious Outreach, 1992

Just for This Day: Meditations for Families Experiencing Mental Illness, 114 pgs.

BASS, Ellen and Laura Davis

The Courage to Heal, Harper & Row, 1988

A guide for women survivors of child sexual abuse. Bass and Davis offer training seminars and educational programs about child sexual abuse and training for counselors.

BERNHEIM, Kayla, Richard Lewind, and Caroline Beale

The Caring Family: Living with Chronic Mental Illness,* Random House, 1982

A book for families with mentally ill members. It suggests ways of dealing with such issues as the ill member's undesirable behavior, overseeing treatment, using the mental health system, and solving legal problems. Includes brief sections for spouses, parents, and siblings. 226 pgs.

BRADSHAW, John

Healing the Shame that Binds You, Health Communications, 1988

Bradshaw shows us how toxic shame is the core problem in our compulsions, co-dependencies and addictions resulting in the breakdown of the family system and our inability to go forward in our life. 241 pgs.

BURCH, Claire

Stranger in the Family: A Guide to Living with the Emotionally Disturbed.* Bobbs-Merrill Co. Inc., 1972

Quote from cover: "...an innovative work on a subject which is still so controversial that any attempt to negotiate it is like picking one's way across a bed of hot coals... Out of her own long encounter, plus familiarity with most psychiatric and anti-psychiatry movements, she has written a deeply compassionate, straight forward and truly healthful book with a point of view that is filled with hope for families.233 pgs.

CALIFORNIA AMI

FAMILIES KNOW About Coping with Serious Mental Illness. Sacramento, CA, AMI 1989

An excellent book for outreach developed by the California Alliance for the Mentally Ill that can be used by any state or local affiliate. Engaging illustrations and a readable text assure readers that they are not alone. The book offers sound advice: find professional help, become involved in treatment decisions, read about mental illness, take care of yourself, cultivate coping skills, change your expectations.28 pgs.

DAVIS, Laura

The Courage to Heal Workbook. Harper & Row, 1990

For women and men survivors of child sexual abuse. 452 pgs.

DEARTH, Nona, et al,

Families Helping Families: Living with Schizophrenia. W.W. Norton & Co., 1986

Written by NAMI members to help other families cope with mentally ill members. It is direct, authoritative, and practical in dealing with a wide range of problems families face—their feelings and attitudes, relationships with professionals (take them off a pedestal), the state of services and the need for improvement. Ends by reaffirming the need for families to work together as advocates. 163 pgs.

DINNER, Sherry H., PhD

Nothing to be Ashamed Of. Lothrop, Lee and Shepard Books, 1982

This book contains chapters on: What is Mental Illness? Reactions to Living with a Mentally Ill Person, Schizophrenia, Mood Disorders, Anxiety Disorders, Post-Traumatic Stress Disorder, Alzheimer's Disease, Eating Disorders, Mental Health Professionals and What They Do, Coping, and Helping Your Family. Includes an appendix on finding a support group. 212 pgs.

FRIEL, John and Linda

Adult Children: The Secrets of Dysfunctional Families.* Health Communications, Inc., 1988

Quote from jacket cover: "It is estimated that as many as 34 million people grew up in alcoholic homes, but what about the rest of us? What about families that had no alcoholism, but did have perfectionism, workaholism, compulsive overeating, intimacy problems, depression, problems in expressing feelings, plus all the other personality traits that can produce a family system much like an alcoholic one? Countless millions of us struggle with these kinds of dysfunctions every day, and until very recently we struggled alone. Pulling together both theory and clinical practice, the two authors provide a readable explanation of what happened to us and how we can rectify it." 198 pgs.

GIL, Eliana, PhD

Outgrowing the Pain. Dell Publishing, 1988

Quote from introduction: "As a therapist, I have seen many clients who have sought help for a variety of problems including finding or keeping jobs, problems with a drinking or abusive mate, depression, general dissatisfaction with life, or a feeling of "wandering" without clear direction or goals. When I inquired into their pasts, physical, sexual, emotional abuse and/or neglect often had occurred. I began to recognize similar patterns and difficulties in victims of past or current abuse." 88 pgs.

HATFIELD, Agnes B.

Consumer Guide to Mental Health Services. Arlington, VA, NAMI, 1985

An essential beginner's handbook for families of mentally ill persons. It deals with choosing a therapist, hospitalization, community services, insurance, long-term planning, and grievances. Urges families to be assertive consumers. 17 pgs.

HATFIELD, Agnes B. PhD

Coping with Aggressive Behavior. NAMI, 1992

Booklet on violent behavior in people who have mental illness and the family's role in dealing with it. 6 pgs.

HATFIELD, Agnes B.
Coping with Mental Illness in the Family: A Family Guide, NAMI, 1991

An updated coping guide by a professional who speaks from personal experience. Addresses many of the problems families face as they try to understand mental illness and cope with the problems it raises. It offers practical suggestions for lowering stress levels, managing disturbing behavior, and using family and community resources. The book is equally appropriate for use by individual families, family study groups, or professionals. 68 pgs.

HATFIELD, Agnes B.
Families of the Mentally Ill: Meeting the Challenges, Jossey-Bass, 1987

Written for professionals by NAMI members, most of whom are themselves professionals. The book describes the anguish families suffer because of a loved one's mental illness, the history of the family movement and its empowering effect, the stigma families confront, and the humiliation they often suffer in their relations with service providers. Promising developments are family advocacy, more collaborative professional-family relationships, and advances in scientific research. 107 pgs.

HATFIELD, Agnes B.
Family Education in Mental Illness, Guilford, 1990

A must for families in educating themselves for supporting ill loved ones. 212 pgs.

HATFIELD, Agnes B. PhD
Medication Compliance, NAMI, 1990

Booklet on medication compliance includes forgetfulness, unpleasant side-effects, issues of control. For families, consumers and the treatment professional. 6 pgs.

HATFIELD, Agnes B. PhD and Harriet Lefley
Surviving Mental Illness: Stress, Coping and Adaptation, Guilford Press, 1993 200 pgs.

HATFIELD, Agnes B. PhD
Understanding Low Motivation in Mental Illness, NAMI, 1990

Booklet. 6 pgs.

HINCKLEY, Jack and JoAnn
Breaking Point, Chosen Books, 1985

The parents of John Hinckley, Jr. talk about the step-by-step process of John developing mental illness. Sections include: Early Warning Signs, Where to Turn for Help, and Do's and Don'ts for Families. 375 pgs.

JOHNSON, Julie Tallard
Hidden Victims: An 8 Stage Healing Process for Families and Friends of the Mentally Ill, Doubleday, 1988

Practical and realistic help for the "hidden victims" of mental illness -- siblings, spouses, parents, and adult children. The author urges family members to accept mental illness as they would accept any chronic illness, to limit its disruptive effect on family life, and to learn to cope with guilt and fear. She proposes an eight-stage healing process that builds self-esteem and inner peace. 190 pgs.

KANTER, Joel S.
Coping Strategies for Relatives of the Mentally Ill, Arlington, VA. NAMI, 1984

Useful for individual families or as a discussion group manual. Deals with attitudes and goals for families, planning and implementing effective coping strategies, handling aggression and intimidation, and supporting and protecting the mentally ill person. Cites the need to require that mentally ill persons respect others and take steps toward independence. 28 pgs.

KOYANAGI, Chris
Operation Help: A Mental Health Advocate's Guide to Medicaid, Alexandria, VA, National Mental Health Association, 1989

A reference tool about Medicaid designed to help advocates, but useful for families, too. The book discusses strategies for changing the system, provides a check-list of specific services that can be financed partly or entirely by Medicaid, and urges advocates to bring pressure on states to match federal Medicaid funds to improve services for mentally ill persons. Tables summarize Medicaid programs by state. 110 pgs.

KURTZ, Ernest and Katherine Ketcham
Spirituality of Imperfection, Bantam Books, 1992

"Spirituality teaches us . . . how to deal with failure in life . . . errors are part of the game, part of its rigorous truth." Kurtz uses wisdom stories from many cultures and the Twelve Step Program to share his vision and hope. A spiritual connection often comes when consumers and families tell their own stories and the truth revealed helps them to heal. 293 pgs.

LAING, R. D.

Politics of the Family, Pantheon Books, 1969

Chapter 1: The Family and the "Family", Chapter 2: Intervention in Social Situations, Chapter 3: The Study of Family and Social Contexts in Relation to Schizophrenia. Quote from the book jacket: "The first chapter was originally addressed to psychoanalysts, the second to social workers, the third to psychiatrists. The remaining chapters comprise five talks given on Canadian Radio. Each has been much revised and the resulting volume, written in a simple and lucid style, is of concern to anyone who wishes to consider what it is like to live in a family." 133 pgs.

LOW, Abraham A.

Mental Health Through Will Training, Christopher Publishing House, 1971

A system of self-help in psychotherapy as practiced by Recovery Incorporated. 393 pgs.

MARSH, Diane T.

Families and Mental Illness: New Directions in Professional Practice, Praeger Publishers, 1992

Some exciting developments currently underway that should draw professionals and families together for more effective treatment of the mentally ill relative. This book can be an asset in the training of the mental health professional. 231 pgs.

RUSSELL, L. Mark, JD

Alternatives: A Family Guide to Legal and Financial Planning for the Disabled, First Publications, Inc., 1983

For families with mentally disabled, ill or retarded members. The book covers wills, guardianship, trusts, government benefits, taxes, insurance, and financial planning. It emphasizes that families should consult lawyers who are familiar with the special arrangements disabled persons need. Clearly organized, good glossary and directory of organizations and government agencies that provide additional information. 194 pgs.

TURNBULL, J. Rutherford

Disability and the Family: A Guide to Decisions for Adulthood, Paul H. Brooks Publications, 1989

An up-to-date, comprehensive, and useful guidebook for families of disabled persons about planning for the future. It covers legal issues, government disability programs, wills and trusts, housing and employment, and advocacy. Most cases cited are of retarded persons, but the information is immediately applicable to persons with mental illnesses. 432 pgs.

VAN BUREN, Abigail

A Family Affair, Brunner/Mazel, 1986

Based on letters to Abigail Van Buren in cooperation with The Group for the Advancement of Psychiatry. Chapter titles include: The Family Cries for Help, The Family Tries to Come to Terms with Mental Illness, The Support Systems Sometimes Fail, The Family Seeks Help, and What Can Be Done? This book also contains a bibliography, a resource information section, references, and a section about The Group for the Advancement of Psychiatry. 104 pgs.

VINE, Phyllis

Families in Pain: Children, Siblings, and Parents Speak Out, Pantheon Books, 1982

Written by a NAMI member. The author tells the stories of families and patients as they go through initial symptoms and hospitalization, diagnosis, treatment programs, life at home and in a hospital, and face chronicity. The final chapter urges families to advocate for better services. 273 pgs.

WOOLIS, Rebecca MFCC

When Someone You Love Has a Mental Illness: A Handbook for Family, Friends and Caregivers, Tarcher Perigee, 1992

This offering is an excellent practical and accessible guideline for coping with mental illness. 228 pgs.

GENERAL

AMERICAN PSYCHIATRIC PRESS

Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), American Psychiatric Press, 4th Edition, 1994

Standard diagnostic tool for the psychiatric profession. 886 pgs.

AMERICAN PSYCHIATRIC PRESS

Diagnostic and Statistical Manual of Mental Disorders (DSM-III - R), revised, American Psychiatric Press, 1987

Standard diagnostic tool. 567 pgs.

ANDREASON, Nancy C. and Donald W. Black
Introductory Textbook of Psychiatry, American Psychiatric Press, 1991

Comprehensive yet readable for professionals, consumers and families. Paper. 565 pgs.

BERNHEIM, Kayla F., PhD

Patient "Confidentiality" and You, NAMI, April 1990
11 pgs.

BREGGIN, Peter

Toxic Psychiatry, St. Martin's Press, NY 1991

Why therapy, empathy and love must replace the drugs, electroshock and biochemical theories of the "new psychiatry." Controversial material for objective reading. 410 pgs.

BUSICK, Bonnie and M. Gorman

Ill Not Insane, New Idea Press, 1986

A forceful and crusading statement on the biochemical basis of mental illnesses written by NAMI members. They provide detailed, technical information about the physiology of the brain and brain disorders, argue for legal procedures based on a medical model, and urge extensive physiological testing in diagnosing mental illness to rule out other illnesses that produce psychiatric inaccuracies. Helpful diagrams and tables. 298 pgs.

ELLIS, Albert, PhD and Robert A. Harper, PhD

A New Guide to Rational Living, Melvin Power Wilshire Book Company, 1975

Quote from foreword by Melvin Powers, Publisher: "...This book, like no other you have read, employs none of the jargon usually associated with psychology or psychiatry, and it may well prove the best book on psychotherapy for laymen ever written. It can provide emotionally disturbed individuals with many answers they seek..." 244 pgs.

ESTROFF, Sue E.

Making it Crazy: An Ethnography of Psychiatric Clients in an American Community, University of California Press, 1981

Quote from foreword by J. Richard Lamb, MD, Associate Professor of Psychiatry, USC School of Medicine: "In an era of rhetoric about deinstitutionalization, it is refreshing to have solid clinical data from a perceptive observer who does not have a vested interest in this matter, that is, one who is neither mental health professional, nor patient, nor union official, nor legislator. Amid the heated discussions about the advantages and benefits or the problems and scandals of the mentally ill living in the community, the kind of objective information provided by this book is essential." 328 pgs.

GENDLIN, Eugene T.

Focusing, Bantam Books, 1978

Quote from jacket cover: "Based on research at the University of Chicago, focusing is a new technique of self therapy that teaches you to identify and change the way your personal problems concretely exist in your body... Focusing guides you to the deepest level of awareness within your body. It is on this level, unfamiliar to most people, that unresolved problems actually exist, and only on this level can they change." 174 pgs.

GROSCH, William N. MD and David C. Olsen

When Helping Starts to Hurt, W.W. Norton & Co. 1994

A new look at burnout among psychotherapists. 183 pgs.

Innovations and Research: In Clinical Services, Community Support, and Rehabilitation.

A quarterly published by the National Alliance for the Mentally Ill and the Center for Psychiatric Rehabilitation, Boston University, is now available in the library. Input comes from researchers, family members and consumers exploring such subjects as dual diagnosis and a vision of recovery for the 1990's. It contains stimulating letters to the editor and book reviews as well.

KAPLAN, Harold and Benjamin Sadock

Comprehensive Glossary of Psychiatry and Psychology, Williams & Wilkins, 1991 203 pgs.

MENTAL HEALTH PROTECTION AND ADVOCACY PROGRAM OF MONTANA

Your Mental Health Rights in Montana. * 1989

Montana Advocacy Program: *This manual is given, with no charge, to anyone requesting it.*

NIMH

Primary Prevention in Mental Health: An Annotated Bibliography, NIMH, 1985

Quoted from foreword by Stephen E. Goldston, EdD, MSPH, Director, Office of Prevention NIMH and Senior Editor, Prevention Publication Series: "An oft-expressed frustration of prevention advocates, researchers, practitioners and academicians has been the difficulty in identifying and accessing relevant primary prevention literature... One apparent way to deal with the difficulty in locating primary prevention reference material is to compile and distribute to the field an extensive bibliography on the subject. This carefully crafted, annotated bibliography, presenting the literature in an orderly, systematic fashion, genuinely fulfills this recognized need. It covers a wide range of issues, programs, debates, and perspectives on primary prevention." 425 pgs.

NIMH

When Someone Close has AIDS, NIMH, 1989

A booklet for friends, families and others who know a person with AIDS. 15 pgs.

O'SHEA, Mary Hepburn

Come Live With Me, Published by the Author, 1974

Quote from introduction: "If anyone is looking for a literary, scholarly book, this is not it! It is intended to be a simple book which expresses complex social issues in terms of feelings in a way, hopefully, anyone can understand. It's a book about people who have been in institutions and returned to the community. It's a book about agencies and how they use the bureaucratic procedures to find reasons they cannot do things. It's a book about community caretakers who live day to day with people who face the problems but can't find their way through 'the system'." 146 pgs.

PSYCHOSOCIAL REHABILITATION JOURNAL
Vol. 17 No. 4, April, 1994

Serving People with Psychiatric Disability at Risk for HIV/AIDS.

180 pgs.

RUSSELL, L. Mark, JD and Arnold E. Grant, JD
Planning for the Future: Providing a Meaningful Life for a Child with a Disability After Your Death, American Publishing Co., 1993

Updated advice from attorneys who specialize in estate planning. Using this book may be the single most important step taken in planning for a family member with a disability. 417 pgs.

STEELE, Barbara, MSW, LCSW and Carolyn Willard, MSLC

Guidelines for Establishing a Family Resource Library, Association for the Care of Children's Health, 1989, Second Edition 96 pgs.

TORREY, E. Fuller, MD

Freudian Fraud: The Malignant Effect of Freud's Theory on American Thought and Culture, New York, Harper Collins, 1992

Dr. Torrey's controversial and penetrating review of the history and consequences of Freudian thinking in America. 362 pgs.

WEEKES, Clare, Dr.

Hope and Help for Your Nerves, Signet, 1969, Afterword, 1990

An author continually read and rediscovered as a counselor who gets to the basic truths of coping with mental problems. 209 pgs.

WOOD, Garth

The Myth of Neuroses: Overcoming the Illness Excuse, Harper & Row, 1983, 1986

Wood presents the differentiation between genuine psychological illness and the neurotic response when life becomes overwhelmingly tough, and how he counsels clients. 294 pgs.

ZUCKERMAN, Edward L. PhD

The Clinician's Thesaurus, Three Wishes Press, 1991

A guidebook for wording psychological reports and other evaluations. 174 pgs.

MEDICATION & RESEARCH

AMI of New York

Clozapine Perspectives 1992: Doctors Share Their Experiences, Booklet produced by AMI/NY on the drug's effect on schizophrenia. 10 pgs.

ANDREASON, Nancy C.

The Broken Brain: The Biological Revolution in Psychiatry, Harper & Row, 1984

An excellent, comprehensive explanation of advances in brain research and their impact on understanding and treating mental illness. The book is clearly organized and written; even technical explanations are understandable. The single best book available about state of the art psychiatry in the 1980's. 278 pgs.

BLOOM, Bernard

Stressful Life Event Theory and Research: Implications for Primary Prevention, NIMH, 1985

Quote from foreword by Stephen E. Goldston, EdD, MSPH, Director, Office of Prevention, NIMH: "Stressful life events and their effects on well-being have emerged over the past two decades as fruitful lines of inquiry. Although what we now call stress has long been recognized as a percipient of mental disorders, research into stressful life events has developed into a field of study only recently. Knowledge has expanded to the point where it can significantly improve intervention strategies that may prevent mental and physical illness. Thus, a review of the theory and research of stressful life events is timely." 110 pgs.

BOURICIUS, Jean K.,

Psychoactive Drugs and Their Effects on Mentally Ill Persons, Arlington, VA NAMI, 1989

A handbook about medication that will be helpful to patients and families. After brief descriptions of the many forms mental illness can take, the author presents a wide range of psychoactive drugs and includes information about dosages, side-effects, and interactions with other drugs and food. A comprehensive, meticulous treatment of the subject with extensive scientific references, a glossary of medical terms, summary tables, and an index. 115 pgs.

GORMAN, Jack, MD

The Essential Guide to Psychiatric Drugs, St. Martin's Press, New York, 1990

Basic information on 123 drugs by a distinguished psychopharmacologist. 397 pgs.

JONES, Jeffrey, MD, and Ron Schaumberg

Everything You Need to Know About PROZAC, Bantam Books, 1991

A Pill Book on one of the more prominent depression medications. 135 pgs.

KRAMER, Peter D.

Listening to Prozac, Penguin Books, 1994

"Not only a fascinating and beautifully written overview of the biology and psychology of mood-state, but a richly philosophical meditation upon the basic nature of human nature as well." Maggie Scharf. This book is an awesome reminder that we can get locked into one way of thinking and stop the discovery process. 490 pgs.

LITHIUM INFORMATION CENTER

Carbamazepine and Manic Depression: A Guide, Revised, University of Wisconsin, 1990

Booklet. The "trade name" of this product in the US is Tegretol. 31 pgs.

LITHIUM INFORMATION CENTER

Lithium and Manic Depression: A Guide, Revised, University of Wisconsin, 1990 31 pgs.

NIMH

A National Plan for Schizophrenia Research, NIMH, 1988

Quote from foreword: "This report from the National Advisory Mental Health Council is about a major public health problem and the development of a national effort to solve it. It is about schizophrenia -- the most devastating of all mental disorders -- and a carefully crafted plan for research designed to identify its causes and develop effective treatments." 123 pgs.

YUDOFISKY, Stuart, MD, Robert E. Hales, MD and Tom Ferguson, MD

What You Need to Know About Psychiatric Drugs, Ballantine Books, 1991

Three nationally renowned doctors prepared this easy-to-read consumer guide to current prescription drugs used to treat severe mental illnesses. Includes guide to buying, storing drugs, section on special risk groups. 646 pgs.

PERSONAL ACCOUNTS: EXPERIENCES OF PATIENTS & FAMILIES

AMI of MARIN COUNTY

Coping Successfully with Mental and Emotional Disorders, AMI-Marin, 1985

Quote from introduction by Beverly K. Abbott, Director, Community Mental Health Services, Dept. of Health and Human Services, County of Marin, California: "This collection of interviews with people who have suffered from mental illness gives readers a very personal look at the experience of being mentally ill and the effect it has on one's life. They reveal the uniqueness of each individual, giving us a deep respect for their struggle and forcing us to think in human terms instead of using simplistic labels on this group of people." 84 pgs.

BERGER, Diane and Lisa Berger

We Heard the Angels of Madness: One Family's Struggle with Manic-Depression, Diane Berger and Lisa Berger, 1991

A mother's account of her son's illness. 308 pgs.

CHASE, Truddi

When the Rabbit Howls, E.P. Dutton, 1987

A spell-binding journey through the fragmented world of the multiple personality. The disorder, complicated and frightening to both professionals and the general public, is the response of a creative mind seeking to escape the saturations of childhood terror and pain. 370 pgs.

COLORADO AMI

Stepping into the Light, (Poetry) 1989

Book of poetry: published for the 10th Annual NAMI Convention. 39 pgs.

COOPER, Ed and Patty Cooper
When Even the Devil Deserts You, Dream Again Press, 1992

Ed Cooper, who describes mental illness from his own experience, makes a plea to churches to become that accepting community, to become informed and to stop confusing mental illness with sin, recognizing it as the brain disease that it is. 135 pgs.

DEVESON, Anne
Tell Me I'm Here: One Family's Experience With Schizophrenia, Penguin Books, 1991

Deveson is an Australian writer, broadcaster and documentary filmmaker. Her book was the recipient of the 1991 non-fiction Australian Human Rights Award. 269 pgs.

DONALDSON, Kenneth
Insanity Inside Out, Crown Publishers, Inc., 1976

Quote from jacket cover: "A tragic story of wasted years... yet also a brave and useful one. For Ken Donaldson is an American hero, the principal in a landmark Supreme Court case which ascertains the right to freedom for tens of thousands of involuntary mental patients. Perhaps the most important ruling on mental patient's rights in the history of the nation, the Donaldson Case promises to restructure our incarcerative mental health system." 338 pgs.

DOWLING, Colette
You Mean I Don't Have to Feel This Way? Charles Scribner's Sons, New York, 1991

This book was prompted by the author's experience with her daughter who was bulimic and depressed, eventually diagnosed and successfully treated. Dowling explores the idea that there is a relationship between depression and other disorders such as bulimia, obsessive-compulsive disorder and even addiction. 293 pgs.

DUKE, Patty and Kenneth Turan
Call Me Anna, Bantam Books, 1987

The autobiography of Patty Duke; actress, wife, mother, manic depressive, mental health advocate. 311 pgs.

FLACH, Frederick, MD
Rickie, Ballantine Books, 1990

Author traces a 10 year hopeless round of failed treatment for his daughter diagnosed with schizophrenia. Eventually Rickie was cured by visual perception and orthomolecular treatment. The cure raises questions about the correctness of the original diagnosis. AMI families must guard against the false hope this book may raise. 276 pgs.

FURLONG, Pat Adams
Giving Voice (Poetry), Knox AMI, TN, 1992

A woman who experiences serious mental illness is encouraged to tell in poetry the story of her journey and struggle in order to strengthen others. 20 pgs.

GORDON, Barbara
I'm Dancing As Fast As I Can, Perennial Library, 1989

Quote from cover: "Barbara Gordon, successful career woman and award-winning television producer, thought she had everything -- until her therapist advised her to go off valium cold turkey. In the space of a few weeks, she lost the man she loved, a career she adored, and herself. This book is the dramatic, heart-wrenching story of her valium-induced breakdown and of her courageous struggle back to a new life." 313 pgs.

GOTKIN, Janet and Paul
Too Much Anger, Too Many Tears, Harper/Collins, 1975, 1992

Stumbling through the mental health system with little support. 400 pgs.

GREEN, Hannah
I Never Promised You a Rose Garden, New American Library, 1964

FICTION: Quote from jacket cover: "Seldom has the strange and seductive world of insanity been charted more explicitly, or more beautifully, than in this novel -- this shining story of a young girl's three years in a mental hospital and her journey back from madness to reality." 256 pgs.

HARTLEY, Mariette
Breaking the Silence, Signet, 1991

An Emmy award winner, Hartley has acted on stage, screen, and TV and is known for her Polaroid Ads with James Garner. She has overcome and written about her family history of alcoholism, depression and suicide. She supports NAMI and the American Suicide Foundation. 333 pgs.

HOWLAND, Bette
W-3, Viking Press, 1974

Quote from jacket cover by Saul Bellow: "I was much moved by W-3. It is admirably straight and thoughtful, tough minded but full of powerful feeling. The patients of W-3, black and white, men and women, dizzy, endearing, suicidal, doomed, come to us from these pages not as case studies but as our own brothers and sisters. No poses are struck and no vain gestures made in this brave and honorable book. Bette Howland is a real writer." 206 pgs.

JOHNSON COUNTY COMMUNITY COLLEGE,
Kansas

Breakthrough: An Experience in Human Growth
(Poetry) The Mental Health Association of Johnson
County, 1972 .

Quote from introduction: "Not long ago some
interested persons of Johnson County got together to
form the organization known as Breakthrough -- a
community-based group which strives to provide an
atmosphere where people, especially persons return-
ing home from mental hospitals, can grow emotion-
ally. The poems in this publication represent the
efforts of members of Breakthrough searching for a
deeper meaning in life for themselves and others.
They have tried to put into words, more importantly,
to share their thoughts and experiences, with others
through writing poetry." 73 pgs.

KNAUTH, Percy

A Season in Hell,* Harper & Row, 1975

Quote from jacket by Gerridee Wheeler, Presi-
dent, National Association for Mental Health: "Writ-
ten across the pages of A Season in Hell is the coura-
geous story of victory over one of our oldest ills,
depression. Percy Knauth's message of hope is for
everyone. For the Mental Health Association, his
victory and the telling of it represent another demon-
stration that the fight against mental illness is being
won. We feel fortunate that Mr. Knauth, a former
editor of LIFE magazine, is serving as our National
Mental Health Chairman. In that capacity and through
this book, he provides inspiration to countless thou-
sands who seek hope and help." 111 pgs.

LEAR, Frances

The Second Seduction, Alfred Knopf, New York,
1992

Founding editor-in-chief of Lear's Magazine.
Frances Lear has come to symbolize the success story
of the American career woman. Her courageous
memoir speaks of dark forces that have shaped her
being: alcoholism, the memory of abuse, a loss of
personal identity, manic depressive illness, and the
ever-present possibility of suicide. Amazingly, she
has prevailed. 191 pgs.

McNAMER, Deirdre

Rima in the Weeds, Harper Perennial, 1992

FICTION: How a family copes in a small
Montana town when a daughter returns with an unex-
pected child and finds her mother struggling with a
depressive illness. Their relationship is the heart of the
story. A highly-acclaimed first novel. 313 pgs.

MILLETT, Kate

The Loony Bin Trip, Touchstone, 1990

A feminist writes of her personal experiences
with mental illness. 316 pgs.

MOORMAN, Margaret

My Sister's Keeper: Learning to Cope with a Sibling's
Mental Illness, W.W. Norton and Co., 1992

The reader is called to share in a personal
healing journey between two sisters. 303 pgs.

NAMI

Experiences of Patients and Families: First Person
Accounts, Arlington, VA, NAMI, 1989

A collection of short accounts by patients and
family members of their experiences with schizophre-
nia. Fifteen are from Schizophrenia Bulletin, two are
from the New York Times. The accounts illustrate the
range and complexity of the disease and enhance the
understanding of patients, family members, and pro-
fessionals. 83 pgs.

NEUFELD, John

Lisa, Bright and Dark, Signet, 1970

FICTION: Quote from the title page: "A cry for
help. Her parents won't listen. Her teachers are afraid
to interfere. For Lisa Shilling, whose 'bright' days as
a happy high school girl grow rarer and whose 'dark'
days of despair descend more often, there are three
friends with hope, love, and a plan for 'therapy'.
Teenagers practicing amateur psychiatry might be
dangerous business, but what was the alternative?"
143 pgs.

SHEEHAN, Susan

Is There No Place On Earth for Me?* Vintage Books,
1983

A book by a journalist that is both a detailed
account of a woman with schizophrenia and a general
description of mental illness and its treatment. The
author portrays in realistic and unrelenting terms the
mediocrity of hospitalization and the failure of the
community to provide appropriate care. Well re-
searched and based on interviews and extended obser-
vations, the book is both an indictment of the system
and a humane portrait of a deeply troubled yet spirited
woman. This book won the Pulitzer Prize for non-
fiction in 1982. 333 pgs.

SHETLER, Harriet and Peggy Straw, Editors
A New Day: Voices From Across the Land, Arlington, VA, NAMI, 1982

Essays by 12 persons who discuss their experiences with mental illness. In moving words, they describe their suffering and treatment, their efforts to cope with and manage their illness, the problems and stigma they encounter, and their acceptance of their disabilities. 34 pgs.

SHILLER, Lori and Amanda Bennett
The Quiet Room: A Journey Out of the Torment of Madness, Warner Books, 1994

In 1989 Shiller emerged from mental darkness through her will and an experimental medication. This book offers hope and a lesson for us all in survival and courage. 269 pgs.

SMITH, Nancy Covert
Journey Out of Nowhere,* Word Books, Publisher, 1973

Quote from jacket cover: "...Based on her own frightening experience, Nancy can give real and practical answers to a great many questions about mental illness -- most especially how important is the behavior of the people around a patient who is trying to re-enter society. The need for that kind of education is obvious, as borne out by Mental Health Association statistics that two out of three patients are returned to the hospital after release." 124 pgs.

STEBEL, S.L.
The Shoe Leather Treatment: The Bill Thomas Story, J.P. Tarcher, 1980

Bill Thomas' story. Quote from jacket cover: "...Thomas finds himself remanded by the court to a maximum-security state hospital for the criminally insane. He soon learns that it is an institution from which no one ever leaves, where patients are forced to live like animals, where sexual abuses are condoned, where human cockfights are staged by guards for their own amusement, and where the shoe leather treatment — brutal kickings and beatings by groups of guards — is the only therapy patients ever receive." 350 pgs.

STUART, Sara
Men in Trouble, Harper Collins, 1988

A fictional account of a bright and adventurous New England family who suffer the disruptive influences of mental illness. The fact that some families have a predisposition to certain psychiatric diseases is dealt with. No fairy tale here. The reader relates. 290 pgs.

STYRON, William.
Darkness Visible: A Memoir of Madness, Random House, 1990

Personal account by one of America's foremost authors. 84 pgs.

SWADOS, Elizabeth
The Four of Us, Farrar, Straus and Giroux, 1991

The well-known writer/composer in the American theatre and an author of children's books, Swados tells the story of her creative family's struggle to understand and accept the mental illnesses that plagued both her brother and mother, but also the gifts passed on to her because they were part of her world. 243 pgs.

WESCHLER, James A.
In a Darkness, W.W. Norton & Co., 1972, 1988

An account by a distinguished journalist of his son's schizophrenia and the family's anguish from the onset of the illness in the early 1960's to the son's suicide in 1969. The author traces frustrating relationships with eight psychiatrists and five mental hospitals, recurring crisis, and gathering hopelessness. He pays tribute to his son's valiant struggle. A heart-breaking, insightful book that was a "first" at the time of its publication in 1972. Unfortunately, many of the practices in diagnosis and treatment described in the book still persisted when the book was reprinted in 1988. 160 pgs.

WILSON, Louise
This Stranger, My Son, G.P. Putnam's Sons, 1968

Quote from jacket cover: "An inspiring account of a mother's determined struggle to raise a child 'lost' to her through illness. Mrs. Wilson's heroic efforts to save her son, victim of paranoid schizophrenia, are bound to strike a chord in the heart of any parent who has tried to move heaven and earth out of love for his child."

WINGARD, Bill
Sickness, Sanity, Counterfeits and Cures, 1983

Autobiography of a recovered schizophrenic. 86 pgs.

PROGRAM DEVELOPMENT & SERVICES

ADULT RESIDENTIAL CARE JOURNAL Group Homes for Adults Labeled Mentally Ill.

The focus of a special edition of *The Adult Residential Care Journal* and contributed to by a multidisciplinary group of researchers and practitioners. Report addresses operational problems, quality of care, staffing and future of group homes as patient alternatives. Single issue is available for \$10. Contact John McCain, PhD, ACSW, 720 Ottawa Street, #100, Leavenworth, KS 66048.

CARLING, Paul J.

Developing Family Foster Care Programs in Mental Health: A Resource Guide. NIMH, 1984

Proceedings of the National Institute of Mental Health Workshop on Family Foster Care for "Chronically Mentally Ill" Persons. 71 pgs.

CHAMBERLIN, Judy

On Our Own. McGraw-Hill Book Co., 1978

Quote from book jacket: "In the forefront of a new movement to provide alternatives to the established mental health system, Judy Chamberlin describes how patients themselves are developing humane and effective methods of treating the "mentally ill". A former mental patient and a member of the President's Commission on Mental Health, Ms. Chamberlin draws on her own experiences and those of others to describe in shocking detail how traditional mental hospitals foster alienation and dependency in patients while ignoring and over-medicating them.

236 pgs.

IDAHO COMMUNITY SUPPORT PROGRAM Alternatives: A Self-Help Guide for Idaho's Mentally Ill and Their Families. Idaho Community Support Project, January, 1986

Quote from preface: "...Now the professional community has come to recognize what the families have known all along -- that they are a vital part of the treatment team and need to be included in the decision making and planning regarding their relative."

87 pgs.

LEVINE, Irene

Developing Community Support Programs: A Resource Manual for Families. Arlington, VA, NAMI and the Center for Rehabilitation, Research, and Training in Mental Health, Boston University

The report of a survey of NAMI families in 1983 to find out about the community programs and services they were organizing and operating. After addressing questions about the advisability of service delivery involvement, the study describes 24 such programs -- housing, psychosocial rehabilitation, and vocational rehabilitation. Although the descriptions are dated, the underlying ideas continue to be helpful to groups that are considering starting programs.

108 pgs.

NAMI

Anti-Stigma: Improving Public Understanding of Mental Illness. NAMI, 1982

Quote from foreword: "For too long, chronically mentally ill individuals and their families have endured the dual burdens of mental illness and society's stigma. National AMI families and friends are joining together speaking and advocating for increases in research and better services for the chronically mentally ill. The Anti-Stigma Handbook will assist your efforts to reduce stigma and increase understanding of mental illness."

44 pgs.

NAMI

Awakenings: Organizing a Support/Advocacy Group. NAMI, 1983

22 pgs.

NIMH

Community Support Systems for Persons with Long-Term Mental Illness: Questions and Answer. NIMH, 1988

Quote from foreword by James W. Stockdill, Director, Division of Education and Service Systems Liaison, NIMH: "...This booklet represents the current knowledge base on community support systems including ten years of demonstration programs, evaluation, learning community conferences, and research. Our hope is that the information provided will be valuable to all -- administrators, clinicians, planners, legislators, consumers, family members, citizen advocates, and the general public."

27 pgs.

NIMH

Toward a Model Plan: For a Comprehensive, Community-Based Mental Health System. NIMH, 1988

Chapters include: Planning Process, Major Elements, Model Plan, Research Issues, and Technical Assistance Resources.

65 pgs.

PEPPER, Bert and Hilary Ryglewicz: Editors
New Directions for Mental Health Services: The Young Adult Chronic Patient, Josey-Bass Inc., Publishers, 1982

Chapters include: The Uninstitutionalized Generation, The Young Adult Chronic Patient, Serving the Young Adult Chronic Patient in the 1980's, Psycho Pharmacology, Working with the Family of the Psychiatrically Disabled Young Adult, and Program Planning for Young Adult Chronic Patients. 129 pgs.

PETERSON'S GUIDES, INC.

Caring for Kids with Special Needs, 1993 (plus January 1993 Supplement)

The guide lists a broad range of facilities available in the U.S and Canada for troubled children and adolescents, 8 to 18 -- psychiatric hospitals, drug and alcohol centers, residential schools to wilderness programs and camps. The range of problems addressed include autism, learning disabilities, substance abuse, eating and obsessive compulsive disorders, thought, mood and personality disorders. 481 pgs.

STROUL, Beth A., MEd

Models of Community Support Services: Approaches to Helping Persons with Long-Term Mental Illness, NIMH, 1986

Quote from introduction: "This monograph represents one of CSP's many technical assistance efforts, and it is intended as a technical assistance tool for states and communities interested in improving services for persons with long-term mental illness. The major objective of the monograph is to synthesize, into a single document, the wealth of available information on a number of different approaches to providing community support services. Five distinctive models of community support are described. The monograph responds to a frequently expressed need from the field for a concise, useful description of the key elements of each model type. 81 pgs.

UHLORN, Bill

Creating a Caring Community: Developing Housing for Persons with Mental Illness, Arlington, VA, NAMI, 1980, Third Printing 1987

Written for those who are involved in developing housing and community support services. It identifies steps to be taken cooperatively by family members, clients, and professionals in articulating underlying principles, understanding the wants and needs of mentally ill persons, procuring data, and organizing for action. The need for a variety of levels of support and services is emphasized. A dialogue format heightens interest. 261 pgs.

REFORM & ADVOCACY

BOSTON FOUNDATION

Homelessness: Critical Issues for Policy and Practice, The Boston Foundation, 1987

Papers from a conference that provide an excellent and concise introduction to homelessness. Causes cited are lack of community services, (medical, psychiatric, and rehabilitative), alcoholism and drug abuse, and family disorganization. Helpful programs -- private, state, and federal -- are described. 64 pgs.

COATES, Judge Robert J.

A Street is Not a Home, Prometheus Books, 1990

A guidebook for dealing with homelessness in general, and the homelessness of mentally ill persons in particular. 356 pgs.

ISAAC, Rael Jean and Virginia Armat

Madness in the Streets: How Society and the Law Abandoned the Mentally Ill, The Free Press, 1990

An attack on the "right to refuse treatment" and commitment laws. How society and the law abandoned the mentally ill. 436 pgs.

LAMB, Richard, Editor

The Homeless Mentally Ill, American Psychiatric Press, 1984

A task force report of the American Psychiatric Association discusses the need for comprehensive system of services and related legal, medical and political issues. 320 pgs.

STEADMAN, Henry, J., Dennis W. McCarty and Joseph P. Morrissey

The Mentally Ill in Jail: Planning for Essential Services, Guilford Press, 1989

Research in 43 cities and towns. 242 pgs.

TORREY, E. Fuller, MD, Sidney M. Wolfe, MD, Laurie M. Flynn

Care of the Seriously Mentally Ill: A Rating of State Programs, Public Citizen Health Research Group and NAMI, 1990

The third in a series of surveys and ratings of state programs for seriously mentally ill persons. The ratings and state profiles take up most of the book. But it also includes a forceful statement of the record of American society in dealing with mental illness, a view of good services, and descriptions of meritorious innovative programs. A comprehensive analysis of services that belongs in every affiliate and family library. 192 pgs.

TORREY, E. Fuller, MD, Sidney M. Wolfe, MD,
Laurie M. Flynn

Care of the Seriously Mentally Ill: A Rating of State
Programs, Washington, DC Public Citizen Health
Research Group and NAMI, 1988

The second in a series of surveys and ratings of
state programs for seriously mentally ill persons.
115 pgs.

TORREY, E. Fuller, MD

Criminalizing the Seriously Mentally Ill: The Abuse
of Jails as Mental Hospitals, Public Citizen's Health
Research Group and NAMI, 1992

A report of NAMI and Public Citizen's Health
Research Group with Torrey. The 152 page report is
an essential advocacy tool. 152 pgs.

TORREY, E. Fuller

Nowhere To Go: The Tragic Odyssey of the Home-
less Mentally Ill, Harper & Row, Rev. 1989

A forceful history of the failure of deinstitution-
alization of mentally ill persons. Dr. Torrey traces
the ideas that underlay the formation of community
mental health centers, ideas that were abandoned in
practice. Patients released from hospitals have rarely
received aftercare or found housing or rehabilitation
programs. Little wonder that they make up 30 percent
of the homeless. Dr. Torrey charges that "the care of
the seriously mentally ill in 20th century America has
been a public disgrace." 256 pgs.

SCHIZOPHRENIA

BACKLAR, Patricia

The Family Face of Schizophrenia, G.P. Putman &
Sons, New York, 1994

This book is especially helpful to those encoun-
tering schizophrenia illness for the first time. It uses
six detailed histories followed by professional com-
ments and analysis. Includes valuable list of re-
sources. 374 pgs.

FLACH, Frederick, Editor

The Schizophrenias: Directions in Psychiatry Mono-
graph Series, W.W. Norton & Co., 1988

Contributions by many well-known educators
and researchers. Technical. 222 pgs.

GOTTESSMAN, Irving

Schizophrenia Genesis: The Origins of Madness,
W.H. Freeman & Co., 1990

State-of-the-art genetic views on schizophre-
nia. 296 pgs.

KAVELAGE, Joan, PhD, et al.,

Questions and Answers About Tardive Dyskinesia,
Arlington, VA, NAMI, no date

Written in consultation with NAMI members by
an authority on the subject, it answers questions fami-
lies raise about tardive dyskinesia. 20 pgs.

TORREY, E. Fuller, MD

Schizophrenia and Manic Depressive Disorder, 1994

The result of a landmark study providing evi-
dence that both schizophrenia and manic-depressive
disorder are biologically based diseases of the brain,
unrelated to psychological influences. 274 pgs.

TORREY, E. Fuller, MD

Surviving Schizophrenia: A Family Manual,* Harper
& Row, 1988

The revised edition of NAMI's all-time best
seller that deals with schizophrenia in understandable
terms and covers the subject comprehensively. It
contains practical, down-to-earth, and realistic sug-
gestions for families for managing an ill family mem-
ber. The final chapter is a call to action. Helpful lists
of recommended further reading (annotated) conclude
each chapter. 460 pgs.

WALSH, Mary Ellen

Schizophrenia: Straight Talk for Families and Friends,
Warner Books, 1985

Written by a NAMI member who is the mother
of a schizophrenic son. After discussing the disease
and its effect on patients and families, the author deals
with treatment and services in realistic and practical
terms, and urges families to become agents of change.
262 pgs.

**Titles followed by an Asterisk are in the Montana
State Library and may be borrowed through your
local public library.*

The most shocking thing about mental illness is
how little people understand it. -- NAMI

PART TWO: VIDEO TAPES

ANXIETY DISORDERS, PANICS, OBSESSIVE/COMPULSIVE & PERSONALITY DISORDERS, OTHERS

I-3 THE FACES OF ANXIETY, American Psychiatric Association, 1990 28 1/2 min.

I-1 48 HOURS: PANIC, FEARS AND PHOBIAS
Anchored by Dan Rather, explores the causes of anxiety disorders and the latest medical attempts to treat them. The good news is that the new techniques are showing extraordinary rates of success. 1 hr.

PANIC DISORDER: A QUALITY OF LIFE ISSUE. A teleconference of the West Virginia Educational Workshop, 9/24/92

Panel members include the president of Anxiety Disorders Association, an NIMI information specialist, a medical researcher for University of West Virginia. One in 75 people have this disorder, only 25% get treatment. This video tape may be requested through the Mental Health Association of Montana, 555 Fuller, Helena, MT 59601 (406) 442-4276. 1 hr.

T-31 PANIC DISORDERS: STORIES OF HOPE, NIMH, 1994

Hosted by television personality, Willard Scott, who suffers from panic disorder, this discussion features three people who have successfully fought this illness -- and have found the treatment they needed to overcome their panic attacks and live their lives without fear. 19 min.

I-2 THE PANIC PRISON, American Psychiatric Association, 1989 28 1/2 min.

T-19 THE TOUCHING TREE, Obsessive-Compulsive Foundation

Obsessive-Compulsive disorder is observed in the case study of a young boy at home, in school, including the involvement of his teachers, parent and his eventual recovery. 37 min.

CHILDREN & ADOLESCENTS

C-11 AFTER THE TEARS: TEENS TALK ABOUT MENTAL ILLNESS IN THEIR FAMILIES, 1987

A powerful videotape in which teenagers who have mentally ill relatives talk honestly and directly about how this problem affects their lives. 20 min.

C-13 CHILDHOOD MENTAL ILLNESSES: TRUTHS, NEEDS AND FAMILY EFFECTS, AMI of Alabama, 1992

AMI of Alabama has revised and shortened their video presentation from 40 minutes to 27 minutes having more family input with better timing for meeting programs. See Library Catalog 1992. 27 min.

T-3 CLAIRE'S STORY, Mental Health Association of Summit City, Ohio, 1994

Diagnosed at 11, Claire, now 13, addresses the facts, fears and fiction of depression. Interspersed with lively graphics and music, the video teaches adults and children to recognize symptoms, understand treatment, and work together to overcome this serious disorder. 48 min.

F-11 THE GIRL WITH THE CRAZY BROTHER, (CBS After School Special)

Good for teenage discussion. 1 hr.

C-14 KID TV, Augusta, ME, DMHMR: Division Public Education, 1992

Two video tapes designed for middle school students. Uses comedy, rap music and young journalists in an upbeat program to demystify the subject of mental illness. In the second tape, the young people interview the cast members who have mental illness.

Tape 1 -- 17 min. Tape 2 -- 23 1/2 min.

B-9 MY DAD CAN'T BE CRAZY (CAN HE?), (ABC After School Special)

High school boy deals with his father's schizophrenia. 1 hr.

T-35 STRAIGHT TALK ABOUT MENTAL ILLNESS, Produced by NAMI and the D/ART Program of NIMH, 1994

The video with accompanying support materials is aimed at helping teachers and high school students understand mental illness -- recognize it and deal with it. 18 min.

C-15 **TEENAGE SUICIDE**, Health Library, Stanford University, 1991

Factors that contribute to the teen years as a high risk time of life for suicide and what to look for in behavioral changes. How to talk to a teenager who has attempted suicide. 30 min.

DEPRESSION

G-3 **BREAKING THE BLUES**, NIMH

Examples of people suffering from depression. Cognitive therapy is recommended to work through depression and sometimes anger involved in the disorder. Includes helpful suggestions on how to break through a negative cycle. 55 min.

T-2 **CALL ME ANNA** (TV Movie)

Patty Duke's life struggle with Manic Depression. 2 hrs.

L-1 **DEPRESSION: THE STORM WITHIN**, 1991

The American Psychiatric Association has produced this video on depressive illness. The frequency, causes, symptoms and treatment are depicted. 29 min.

L-2 **DEPRESSIVE ILLNESS ON CAMPUS: THE NAMI TELECONFERENCE**, 1990

This is the edited version of NAMI's video conference which was received by 115 colleges and universities in February, 1990. Program host and clinical researcher Ellen Frenk, PhD interviews her University of Pittsburgh colleague Dr. David Kupfer and NIMH Director Dr. Lewis Judd about the basis and treatment of depressive illness. Karen Goldberg and Peter MacDonald, consumers who first experienced depressive illness while in college, discuss their personal experiences and paths to effective treatment. 35 min.

D-3 **EVERYDAY SHOW**, JOAN LUNDEN

Panel on depression: Dr. David Burns, Dr. Ellen McGrath, and 2 consumers discuss medication, exercise, and psychotherapy. (Video begins about 2100 on VCR counter.) 8 min.

FOUR LIVES: A PORTRAIT OF MANIC DEPRESSION, National Depressive and Manic Depressive Association

Available through the Mental Health Association of Montana, 555 Fuller, Helena, MT 59601, (406) 442-4276.

T-10 **LARRY**, Will Harding, Arvada, CO 1992

The camera follows Larry Harding, PhD as he talks about his past life, his education, raising a family and his job while in the Civil Service. Then manic depression changes his life and Larry communicates his understanding of it. Particularly good for psychiatric professionals in training to observe Larry's behavior and verbal organization. In black and white. 27 min.

L-6 **LIFE IN THE BALANCE**, Manic-Depressive and Depressive Association of Metropolitan Detroit

A documentary about how a self-help group helps people with mood disorders. Seven members discuss loneliness, hopelessness, stigma, helping others, lifestyles, alcohol use, exercise, faith, self-esteem, family support and the tasks of daily living. 30 min.

G-4 **MYSTERIES OF THE MIND**, NIMH

A young woman describes her feelings of manic-depression and how she and her family deal with the illness. Clinical psychologist discusses medication and the genetics involved in manic-depression. Contains an interview with a person suffering from obsessive-compulsive behavior followed by discussion on alcoholism, genetic involvement and brain chemistry. 59 min.

D-2 **PHIL DONAHUE: INTERVIEW WITH DR. DAVID BURNS**

Panel discussion about Cognitive Therapy with Dr. Burns, author of *Feeling Good*, and two panelists with manic depressive disorder. Poor video picture, but good sound. 45 min.

L-5 **TO PAINT THE STARS**, 1990s

Vincent van Gogh's struggle with depression discussed by professionals and artists. 55 min.

F-2 **UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO IS EXPERIENCING MANIA**, 1990

This videotape, the second of the "Understanding and Communicating" series focuses on how to help individuals when they are experiencing one of the many forms of mania. In easy to understand language, Mary D. Moller, MSN, RN, CS, explains this complex illness, describes the stages of mania and suggests communication techniques to deal with the often devastating interpersonal dynamics which occur as a result of mania. Poignant testimony is incorporated throughout the tape from two women living with this illness themselves and a man who has witnessed the pain of a friend with bipolar. They share their frustrations and concerns and offer valuable insight to family members and professionals. 63 min.

L-3 WELLNESS WORKSHOPS 1 — DEPRESSION, 1991

Mary Ellen Copeland narrates. Intensive help for people who have had depression, their loved ones and health care professionals. Workshop 1 includes effects, symptoms, finding help and heritage. 30 min.

L-4 WELLNESS WORKSHOPS 2 — DEPRESSION, 1991

Copeland brings out her experiences and that of health advisors about light, sleep, diet, exercise, work, support systems, thought patterns and lifestyle. A workbook, *Learning to Cope with Depression and Manic Depression* may accompany the video if requested. 30 min.

WHAT'S WITH YOU MY FRIEND: IMAGES OF DEPRESSION

50 minute to 1 hour workshop presentation with video and facilitator guide. The program, offered through MHA of Minnesota, is funded and produced by Eli Lilly Co. The Mental Health Association of Montana may be contacted for this video at 555 Fuller, Helena, MT 59601. (406) 442-4276.

T-26 WORLD OF ABNORMAL PSYCHOLOGY: MOOD DISORDERS. Mind Extension University, 1991

Video offers a wealth of recent information using patient testimony, panels, laboratory reports and presentations by highly respected psychiatric professionals. 1 hr.

**DUAL DISORDERS
(MENTAL ILLNESS & SUBSTANCE ABUSE)**

J-1 ATHLETES AND ADDICTION (TV Special)

Narrated by Jim McKay. Provides week by week information on an addictions treatment program. Discusses signs and symptoms and progression of addictions. Good for general audiences as well as professional athletes. 54 min.

T-23 OUT OF THE TUNNEL: INTO THE LIGHT, Hazelden, 1992

Stories of recovery from dual disorders, Mental illnesses and substance abuse, with emphasis on how medications help prevent symptoms of relapse. Consumers and professionals comment. 26 min.

J-2 VITAL SIGNS

Ed Asner, Gary Cole. Father and son physicians. One commits suicide, the other finally admits addiction and seeks help. 2 hrs.

GENERAL

T-27 AIDS AND YOU: WE'RE ALL IN THIS TOGETHER, American Psychiatric Association and NAMI, 1994

The use of drugs and alcohol and the high degree of homelessness makes persons with mental illness at wider risk for HIV infection. 35 min.

G-15 BEAUTIFUL DREAMERS, Canadian Film Board, 1990

Walt Whitman's visit to the London, Ontario Asylum in 1880. The story demonstrates the 19th century view of treatment for the mentally ill, the sensitivity of two men who minister to the emotional needs of the mentally ill. (Rip Torn is Whitman.) 2 hrs.

T-33 CARING FOR OURSELVES: HOPE FOR HEALTHY RELATIONSHIPS WITH MELODY BEATTIE, Hazelden, 1989

Finding a balance between caring for others and caring for ourselves is a key to healthy relationships. Stories presented encourage acceptance and respect for self and others, and help strengthen coping skills. 50 min.

C-9 CHANGING ROLES

Project Return Players, a group of performing patients, tell how sharing their story with others has helped them feel useful. These "Stigma Busters" bring hope for persons with mental illness and those who serve them. 23 min.

D-9 COMMUNITY SUPPORT, Boston University Center for Rehabilitation Research and Training in Mental Health

Good for legislators, programs, and fundraising. 11 min.

D-8 "CONFLICT RESOLUTION", 1990

James Farrell, MA, MTh, CDC, discusses conflict resolution for adult children from alcoholic/dysfunctional families. Video taped at James Farrell and Kay Flinn's workshop in Helena, MT on Adult Children. This video was produced by the Helena Alliance for the Mentally Ill Consumer Group. 50 min.

T-29 DON'T TAKE IT PERSONALLY, AMI of Wisconsin

A play format that sees humor in the confusion brought into a family's life when mental illness strikes. 43 min.

B-10 FACE OF A STRANGER, TV Docudrama, 1991

Deals with homeless mentally ill. Stars Gena Rowlands and Tyne Daly. 2 hrs.

G-12 FAMILY STRATEGIES, CALIFORNIA AMI (CAMI), 1991

Chris Amenson, PhD, conducts a family session. Some vital issues are explored in the family's relationship with a loved one who is mentally ill that include risk taking and living at home. 29 min.

48 HOURS: INSANITY DEFENSE

Dan Rather examines judgment, murder, or madness. 1 hr.

B-3 GIFTS WITH A LIFT, Board of Visitors/MONAMI, 1988

Butte TV news with Kelly Moore and Suzanne Taunt, Christmas gifts for Montana State Hospital. 5 min.

B-7 INTO MADNESS, America Undercover (HBO), 1989

Alan and Susan Raymond produced this moving and sensitive film in which three families speak, each member contributing (within his own family setting) his or her feelings about the mental illness that has become the focus of the family. Received an Emmy Award. 1 hr.

G-13 LOSING THE THREAD: THE EXPERIENCE OF PSYCHOSIS, Boulder County AMI, Colorado

Award winning writer and actress Rachel Corday conveys by illustration and feeling what the experience of psychosis is like. She says, "I want to help you understand what it is like on the inside of psychosis, so I refer to no labels or technical definitions or medical terms. They only get in the way of seeing the inner life and the possible pain there. But I can help you understand, because if I don't, we both lose — me because I will go on being treated as if I was no one and had nothing to give — and you because you will never get to see that I do."

This video is especially valuable as a teaching tool for care givers, professionals, and educators, and will appeal to all who care about the triumph of the human spirit over the most catastrophic of illnesses. 54 min.

C-8 MATTER OF THE MIND (FRONTLINE), 1986

Case histories of persons with long term mental illness. They speak of their symptoms, rejection and their helplessness, but, at times their amazing acceptance. Film is better suited to audiences who know something about the sadness of chronic brain disease. 1 hr.

T-11 McNEIL/LEHRER NEWS HOUR, PBS, 5/12/93

Health Care Reform topic begins at Counter 580 and is 15 to 20 minutes in length. A panel discusses mental health issues and insurance coverage. NAMI Executive Director Laurie Flynn is a panelist. Approx. 20 min.

D-5 MENTAL ILLNESS: AWARENESS AND HOPE, 1985

This presentation made by the American Mental Health Fund and Jack Hinckley attempts to expand public awareness of mental illness and the great need for research. It touches well on different types of mental illness and is a good length for community meetings. 16 min.

G-11 MENTAL ILLNESS: NEW DIRECTIONS

Consumers speak up. 21 min.

G-8 MENTAL ILLNESS: UNRAVELING THE MYTHS, 1990

Provocative panel presentation that explores the origins of stigma and mental illness. Stimulating discussion delves into ways to change attitudes through education, and attention is given to legal issues, media, improved services for persons with mental illnesses, and the importance of persons recovering from mental illness speaking out on their own behalf. Begins with a 10 minute documentary and is hosted by Richard Heffner, professor of communications/public policy, Rutgers, who introduces panelists Alexander D. Brooks, law professor; Patricia Deegan, clinical psychologist and consumer; Joanne Verbanic, founder of Schizophrenics Anonymous; Phyllis Vine, author of Families in Pain; and Dr. Otto Wahl, professor of psychology. 1 hr.

G-16 MENTAL ILLNESSES AND THE PEOPLE WHO ARE AFFECTED BY THEM

AMI of Rhode Island has produced this educational video for law enforcement officers; a pertinent film considering Montana's deadline on jailing of persons with mental illness. Contact AMI of Rhode Island, Box 28411, Providence, RI 02708 for purchase. 50 min.

T-34 NEW HAMPSHIRE JOURNAL. PBS, On Consumer Employment, 3/18/94

A teacher speaks on maintaining successful employment while dealing with a mental illness. Advocates for the mentally ill speak for parity in New Hampshire's health insurance. 12 min.

B-4 NOBODY'S CHILD. 1986

The Marie Balter Story with Marlo Thomas. A mental patient comes through the ranks to become the head of an institute for recovering patients. A hopeful story of tremendous courage. 2 hrs.

T-30 ON THE ROAD TO RECOVERY: VISION FOR THE 90'S. William Anthony, PhD, Produced by California AMI. 1993

"Recovery -- a concept that has emerged from the consumer/survivor literature -- is a vision that can revolutionize how we think about people who experience mental illness." 30 min.

F-15 OUT OF THE SHADOWS: INTO THE LIGHT -- FROM STIGMA TO UNITY

AMI of NYC draws minority families into community to provide education and mutual support for one another, and to strengthen their ability to advocate for their needs. 20 min.

C-1 PHIL DONAHUE: PANEL ON THE HOMELESS MENTALLY ILL. 1988

Donahue again calls on psychiatrist E. Fuller Torrey's expertise in this discussion. A patient and a sibling family member also give their point of view. 45 min.

C-5 PEACE OF MIND: CNN'S AWARD-WINNING MEDICAL UNIT SPECIAL, 1988

Persons with mental illness and their families speak of the brain diseases which have caused much suffering, but also of the coping skills they have learned which are bringing them some peace. Lionel Aldridge, former Green Bay Packer and sports caster, Rosilyn Carter, Dr. E. Fuller Torrey and Jack Hinckley present here. 1 hr.

G-9 PEOPLE SAY I'M CRAZY, 1990

Consumers speak for themselves in this video. They address issues of stigmatization, underscore the humanity and individuality of mental health consumers, and instruct on ways to enhance consumers' total health and well being. 57 min.

G-9a PEOPLE SAY I'M CRAZY, 1990

California's Department of Mental Health Office of Prevention offers a short version of this consumer-produced, very appealing video to allow for presentations and discussion in time-limited meetings. 20 min.

C-12 A PLACE TO COME BACK TO. American Lutheran Church. 1987

Gentle, loving tape about mental illness designed to help religious congregations of all faiths learn how to respond to mentally ill individuals and develop programs. Video stresses the importance of outreach. 30 min.

D-4 PORTRAIT OF A CASE MANAGER, NBC News

Garrett Huntley introduces a case manager who describes her job and shows her interacting with clients. The clients express their feelings as well. 5 min.

C-10 THE PROMISE (TV Special)

Mother dies and a bachelor (James Garner) is left with the care of his schizophrenic brother (James Woods). Very good. 1 hr. 45 min.

T-16 SHATTERED DREAMS, University of Pittsburgh Center for Instructional Resources. Distribution by AMI of Pennsylvania, 1991

The video tells of the trauma experienced by families of people who are seriously mentally ill as they attempt to care for their relative and deal with the mental health system. A good training film/bibliography and viewing suggestions. 23 min.

G-5 SILENT NO MORE

Families speak out about mental illness. Produced by AMI of Minnesota. 22 min.

T-18 S.S.I. WORK INCENTIVES

A presentation by Valerie Castle from the Social Security Office in Helena to the Montana House Day Treatment Program. 39 min.

STIGMA: THE MISCONCEPTION OF MENTAL ILLNESS. A teleconference of the West Virginia Educational Workshop, 10/8/92

A panel of consumer, AMI family member, two treatment professionals, a media representative and facilitated by a member of the Mental Health Association. Available through the Mental Health Association of Montana, 555 Fuller, Helena, MT 59601, (406) 442-4276. 1 hr.

B-6 STRANGE VOICES (TV Special)

College student has psychotic break. The family responds with horror and denial at first, but begins to seek help. Valarie Harper and Nancy McKeon star. 2 hrs.

D-10 SUPPORT GROUP FACILITATOR TRAINING, 1991

A video demonstrating how to lead an Alliance for the Mentally Ill support group meeting. 20 min.

B-5 THEY HAVE SOULS TOO (ABC Special)

The homeless mentally ill in Los Angeles, CA. Case studies of patients who have dropped out of the mental health system and the roving mental health professionals who attempt to help them. 1 hr.

G-15 TO HAVE AND TO HOLD: WHEN MENTAL ILLNESS INVADES A MARRIAGE, AMI of Huntsville, Alabama, 1993

This video gives perspectives on the effects of mental illness on marriage from several sources. Professionals address the special difficulties encountered by couples when one partner suffers from a mental illness. Representatives from the justice system give an overview of the court's role. Spouses share with us their unique experiences and allow us insight into their lives. 30 min.

G-1 WE'RE ON OUR WAY, Boston University Center for Rehabilitation, Research and Training in Mental Health

This presentation, narrated by Burt Lancaster tells how the long term mentally ill struggle to put their lives together in the community in spite of loneliness and stigma. It is designed for professional audiences who have a commitment to serve this population and help create a community support network. Again the Project Return Players show their "stigma busting" prowess and add fun to the performance. 30 min.

G-14 WHEN MENTAL ILLNESS INVADES THE FAMILY, AMI of Huntsville, Alabama, 1991

Patricia Scheifler, MSW, skillfully presents fifteen ways for families and professionals to effectively communicate with people with serious mental illness. 59 min.

D-1 WHEN THE MUSIC STOPS: THE REALITY OF SERIOUS MENTAL ILLNESS, DuPont Co. and NAMI, 1987

A panel of mental health professionals and DuPont employees with mentally ill family members describe the illnesses' impact on the family environment and what the expectations are for such brain diseases. Produced jointly by the DuPont Co. and Delaware AMI. 20 min.

GENERAL SERIES

BILL MOYERS: HEALING AND THE MIND, 1993

An intelligent, philosophical look at healing. Moyers interviews physicians, scientists, patients in therapy. Together they help us gain new insights into how the mind and body support the other in healing. 1 hr. each.

Q-1 THE MYSTERY OF CHI

Q-2 THE MIND BODY CONNECTION

Q-3 HEALING FROM WITHIN

Q-4 THE ART OF HEALING

Q-5 WOUNDED HEALERS

CASE MANAGEMENT WORKSHOP, Ohio Workshop, Dr. Charley Rapp, 1988

C-6 DR. CHARLEY RAPP, Ohio Workshop, 8/9/88

Part 1: Management tasks in developing a case management system that works. 103 min.

C-7 DR. CHARLEY RAPP, Ohio Workshop, 8/10/88

Part 2: Principles of case management. 102 min.

DECADE OF THE BRAIN CONFERENCE, October 11-12, 1991

IMPROVING THE QUALITY OF LIFE FOR PERSONS WITH SERIOUS MENTAL ILLNESS

Series of 5 tapes (plenary sessions) M-1 through M-5.

M-1 IMPROVING THE QUALITY OF LIFE FOR THE MENTALLY ILL IN THE DECADE OF THE BRAIN (Panel)

Paul Meyer, Director of CMHC, Region V; Dan Anderson, Department of Institutions; Suzanne Taunt, MONAMI Board of Directors; Pat Pope, President of Meriwether Lewis Institute; Al Smith, Patient's Attorney, Montana State Hospital.

M-2 A NATIONAL PERSPECTIVE ON CONSUMER EMPOWERMENT IN THE DECADE OF THE BRAIN

Judi Chamberlin from Boston University Center for Psychiatric Rehabilitation; Author of "On Our Own", one of the most important documents in the development of the Mental Health Consumer Movement in the United States.

M-3 EFFECTIVE ADVOCACY IN THE DECADE OF THE BRAIN

Ron Norris, DuPont Executive, NAMI Board Member for Health Insurance Issues, co-producer of widely acclaimed video film "When the Music Stops", relates his struggle to get treatment and education for his mentally ill, adolescent daughter.

M-4 STATUS REPORT ON BRAIN RESEARCH AND MEDICATION IN THE DECADE OF THE BRAIN

Kate Berg, MD, psychiatric geneticist, National Institute of Mental Health.

M-5 INNOVATIONS OF SERVICES, GOVERNANCE AND TREATMENT IN THE DECADE OF THE BRAIN

Robert Factor, MD, University of Wisconsin Psychiatrist; Clinical Director for Madison Area CMHC. Factor testified for the "consumers" in the Montana State Hospital law suit.

EIGHT TUTORIAL SEMINARSON MENTAL ILL- NESSES: DR. C.S. AMENSON, San Gabriel Valley AMI, 1991. 2 hrs. each.

- E-1 SCHIZOPHRENIA: A BRAIN DISEASE
- E-2 CAUSE, COURSE AND TREATMENT RESEARCH
- E-3 MEDICATION AND COMPLIANCE
- E-4 TREATMENT RESISTANT MOOD DISORDER
- E-5 PSYCHO-SOCIAL REHABILITATION
- E-6 MOTIVATION TOWARDS REALISTIC GOALS
- E-7 HELPFUL FAMILY ROLES AND SKILLS
- E-8 PREVENTING AND MANAGING CRISIS

Dr. Amenson is an outstanding lecturer and recognized authority on Surviving and Thriving with a Mentally Ill Relative. The tapes available are current 1990s lectures, and replace the former Amenson Tutorial Seminars done in 1980. The series is an excellent program for use in psychiatric clinics and facilities for educating both providers and consumers of mental health services.

FIRST WEST REGIONAL CLUBHOUSE MODEL SEMINAR, Olympia, WA. Oct. 21-23, 1990

This series of video tapes; filmed and produced by Helena AMI Consumer Group, discusses the various components of successful clubhouse models.

K-1 OPENING PLENARY SESSION: Coming Together: Building an Empowering Clubhouse Community, 1990

Kathleen Rhoads, Capital Clubhouse, Olympia, WA, (Facilitator); Marcus A. Gramps, New Frontier Club, Everett, WA; Howard Powers, New Frontier Club; Sharon Stuart Johnson, DSHS, Dept. of Mental Health; Dr. Llyn DeVanaan, PhD, Evergreen State College; Rudyard N. Propst, Fountain House, New York, New York. 1 hr.

K-2 2ND PLENARY SESSION: The Work Unit: The Heart of the Clubhouse, 1990

Bill Waters, Cowlitz River Club, Longview, WA, (Facilitator); Roger Webb, New Frontier Club, Everett, WA; Margaret Currin, Alliance House, Salt Lake City, Utah. 40 min.

K-3 3RD PLENARY SESSION: Vocational Success, 1990

John McClure, New Frontier Club, Everett, WA, (Facilitator); Thom Goodfellow, Capital Clubhouse, Olympia, WA; Howard Powers, New Frontier Club, Everett, WA; Pam Lodefink, Division of Mental Health, Salt Lake City, Utah. 35 min.

K-4 4TH PLENARY SESSION: Community Building; Ownership and Community Spirit, 1990

Jay Herzog, Wilson House, Pasco, WA, (Facilitator); Dave MacDonald, Pathways, Langley, BC; Jon W. Ihler, Wallingford House, Seattle, WA. 33 min.

K-5 FINAL PLENARY SESSION: Open Mike for all Participants, 1990

John Roth, New Frontier Club, Everett, WA, (Facilitator) 52 min.

JOHN BRADSHAW ON CREATING LOVE, 1992

In his newest series, produced by KQED, Bradshaw talks about creating healthy loving relationships in every part of life. 1 hr. each.

- R-1 MYSTIFIED LOVE: LIFE AND CULTURAL INFLUENCE
- R-2 SOULFULNESS: A NATURAL LIFE AFFIRMING STATE
- R-3 PARENTAL LOVE
- R-4 THE POSSIBILITY OF LOVE: FREEING OURSELVES TO LOVE
- R-5 LOVE OF GOD: CONNECTING WITH OUR SPIRITUALITY
- R-6 SELF LOVE
- R-7 FRIENDSHIPS
- R-8 SPOUSAL LOVE
- R-9 LOVE IN THE WORKPLACE
- R-10 LOVING THE EARTH

JOHN BRADSHAW ON THE FAMILY

1 hr. each.

- H-1 PART ONE: THE FAMILY IN CRISIS
An overview of what constitutes family in crisis.
- H-2 PART TWO: THE HEALTHY FAMILY
How a healthy, functional family operates.
- H-3 PART THREE: THE UNHEALTHY FAMILY
Characteristics of the dysfunctional family.
- H-4 PART FOUR: THE COMPULSIVE FAMILY
Compulsive behavior, the core of all addictions.
- H-5 PART FIVE: THE PERSECUTED
Incest and violence within the family.
- H-6 PART SIX: THE "BAD" CHILD
Shame and guilt, moral and emotional abuse.
- H-7 PART SEVEN: THE MOST COMMON FAMILY ILLNESS
Co-dependency, the most common untreated addiction.
- H-8 PART EIGHT: HELP FOR THE FAMILY
Dealing with resentments, getting to forgiveness.
- H-9 PART NINE: HEALTH FOR THE FAMILY
Stopping the denial of problems, making interventions within the family.
- H-10 PART TEN: HOPE FOR THE FAMILY
Healing ourselves, healing the world.

N-1-4 MADNESS (PBS Series), 1992, 4 Videocassettes (Programs 1 & 2 on first cassette)

Five one hour episodes on the history of mental illness and its treatment. The British producer, Jonathan Miller, a physician and art historian, combines fact and theatre to make his points. Presentation is sophisticated and offers opposing viewpoints, and could be confusing to persons seeking help, but makes one aware of the pioneer nature of treatment and services for the mentally ill.

D-11 MENTAL ILLNESS IN AMERICA: A SERIES OF PUBLIC HEARINGS, LeRoy Goldman, George Holter, EdD., Jim Unzicker, 1990-91

Chicago, Los Angeles and Marshall, Minnesota are cities that speak to problems of mental illness among both urban and rural dwellers, children and youth, the homeless and the missing. 1 hr. each.

C-2 THE MIND (PBS Series)

- #1-Thinking
- #2-Violence/The Law

C-3 THE MIND (PBS Series)

On Pain

C-4 THE MIND (PBS Series)

On Depression

P-1-3 PREVENTING SCHIZOPHRENIC RELAPSE: "DIALOGUES IN DEPOT/NEUROLEPTIC THERAPY"

A panel of experts, including physicians, a consumer, and the Executive Director of NAMI, participate in this three-part discussion. Designed primarily for psychiatrists, the programs will be of critical interest to consumers and family members. William M. Glazer, MD, Professor of Psychiatry at Yale University Medical School, will moderate. The programs deal with: 1) increasing medication compliance; 2) coping with relapse; and 3) preventing relapse.

30 min. each.

S-1-9 STATE CONFERENCE ON MENTAL HEALTH/ILLNESS ISSUES: STRENGTHENING SUPPORT SYSTEMS IN THE DECADE OF THE BRAIN, Butte, MT, September 9-11, 1993

All conference workshops, general sessions and speakers are included in 21 one (1) hour videos. These are suitable for personal viewing and not intended or recommended for public presentations.

A-2-8 UNDERSTANDING AND COPING WITH MENTAL ILLNESS

Series of 7 tapes: Cherokee Mental Health Institute, Cherokee, Iowa.

This series of tapes are excellent informational material for discussion with family groups, for day treatment programs, or for individual families who have recently had a diagnosis of mental illness in their family.

"Understanding and Coping With Mental Illness" tapes may be purchased on a permanent loan basis. Contact our office for information.

- A-2 TREATMENT OF BIPOLAR ILLNESS, 1986
44 min.
- A-3 TREATMENT OF DEPRESSION, 1986
31 min.
- A-4 COPING WITH DEPRESSION, 1987
24 min.
- A-5 COPING WITH SCHIZOPHRENIA: STRATEGIES, 1987
42 min.
- A-6 COPING WITH SCHIZOPHRENIA: RELAPSE, 1987
21 min.
- A-7 COPING WITH SCHIZOPHRENIA: FAMILY PERSPECTIVE, 1987
37 min.
- A-8 COPING WITH SCHIZOPHRENIA: COMMUNICATION, 1987
19 min.

MEDICATIONS & RESEARCH

T-28 ANTI-PSYCHOTIC MEDICATIONS FOR SCHIZOPHRENIA, David Katz, Washington University, St. Louis, MO, 1993

Psychiatrists present down-to-earth explanations on the use of medications to treat schizophrenias and about tailoring treatment to individual needs. 26 min.

D-6 BRAIN BANK: "INVESTING IN THE FUTURE", McLean Hospital, Belmont, MA, 1987

The need for postmortem brain tissue for the research explosion into mental illness. 20 min.

T-12 MOVING BACK INTO THE LIGHT, Eli Lilly & Co., 1993

A description of clinical depression and how it can be treated successfully with medications. 15 min.

T-6 PROZAC, Eli Lilly & Co., 1993

Prozac, a widely used medication for certain types of depressive illnesses is described. The treating professional may suggest this film to his patient for educational purposes if he has prescribed Prozac.

10 min.

T-15 SCHIZOPHRENIA MEDICATION, Larry King Live., 1994

A volunteer patient who has entered into a research project relating to medication at UCLA blames the scientists for unethical procedures. 24 min.

T-21 WHAT TO EXPECT (CLOZARIL), Sandoz Pharmacy Corp.

A break-through medication for schizophrenia that offers hope for some sufferers. However, the possibility of serious side effects require that its use be monitored. 13 min.

F-5 WINDOWS INTO THE BRAIN, NIMH, 1988

Documentary: Scientists look into the brain, show differences in normal and schizophrenic brain. Modern technology which has revolutionized research into brain diseases is described. 14 min.

PROGRAM DEVELOPMENT & SERVICES

D-9 DR. PAUL CARLING ON HOUSING, 1989

Nationally recognized expert on supportive housing talks about the needs of people with mental illness and the strategies for meeting their needs. Gives a lot of support for the idea of the consumer choosing housing that meets personal requirements and for the elimination of "group homes" and hospitals. Very thought provoking for advocates for the mentally ill. 74 min.

O-4 GOLDEN TRIANGLE MENTAL HEALTH CENTER, Great Falls, Montana 12 1/2 min.

T-7 HOSPITAL WITHOUT WALLS, P.A.C.T. (Program for Assertive Community Treatment) for persons with serious mental illness. 1993

A look at a model of the P.A.C.T. approach in Charleston, SC. The goal is to introduce P.A.C.T. to clinicians, policy makers, consumers and their families. 48 min.

T-8 HOUSING DIFFERENCE, New York Office of Mental Health 1993

Housing alternatives are observed and discussed. 20 min.

B-2 IDAHO CITIZEN COMPANION PROGRAM

Visiting mental patients in their homes can cut down on the return of such citizens to the hospital. 27 min.

T-24 IT CAN HAPPEN HERE, Center for Psychiatric Rehabilitation, Boston University, MA

Panel of consumers speak of their experiences in a college environment, training for future employment. 17 min.

D-7 JUST LIKE YOU AND ME, NIMH

Discusses the Transitional Employment Program, TEP, and the benefits of hiring the mentally restored. (On tape with MORE THAN A PASSING ACQUAINTANCE.) 20 min.

T-36 LOOK PAST THE DISABILITY; THE SUPPORTED EMPLOYMENT OPTION, University of Montana, SRS, National Institute on Disability and Rehabilitation and the US Department of Education, 1994

Video introduces the concept of supported employment to employers and to those who work with vocational placement such as Job Service. Role of job coaching is discussed. 17 min.

G-6 MONTANA CONSUMERS SPEAK ON: "CONSUMER NEEDS", Helena AMI Consumer Group, 8/90

Filmed at Helena's Montana House sponsored Clubhouse Jubilee at Camp Child. Consumers from Havre, Helena, and Kalispell speak on services offered in their communities and changes they would like to see made, both locally and state wide. 9 min.

D-7 MORE THAN A PASSING ACQUAINTANCE/JUST LIKE YOU AND ME, NIMH

More Than a Passing Acquaintance: shows how residents of Frederick, Maryland working together with CSP of NIMH, started a program called "Way Station" for clients being released from Springfield State Hospital. "Way Station" is an excellent example of how Community Support Programs can work and shows promise of hope for the future. 25 min.

JUST LIKE YOU AND ME: See above.

20 min.

O-1 PICKING UP THE PIECES, Intermountain Children's Home

Intermountain children's Home in Helena, Montana has the mission of helping abused and emotionally disturbed children back into an attitude of trust so they may begin to interact with others and function comfortably in the community. 12 min.

T-14 RESPITE PROGRAM, South Carolina AMI, 1992

South Carolina AMI provides respite in the form of a camp experience for mentally ill persons in the state and a time apart from their parents or caretakers. Camp is staffed with mental health professionals and mental health workers in training. 15 min.

O-2 SHODAIR HOSPITAL, Maney Telefilm, 1991

Shodair Hospital's Child Psychiatric Services and widely respected Department of Medical Genetics reside in Helena, Montana. The 22 bed hospital offers partial hospitalization and an after school program as well as in-patient care. Expansion of services is expected. 7 1/2 min.

T-17 SKILLS OF PSYCHIATRIC REHABILITATION, Boston University

This video demonstrates the basic principles of psychiatric rehabilitation. In a series of 4 segments, Introduction to Psychiatric Rehabilitation Approach, Exploring a Vocational Goal, Personalizing Skill Strengths and Deficits, and Teaching a Skill, practitioners are shown interviewing and teaching their clients. Each demonstration is preceded by introductory teaching points and followed by a brief summary. A printed user's guide provides suggestions and teaching plans for using the videotape. 50 min.

O-3 SOMEBODY CARES, Yellowstone Treatment Centers, Yellowstone Boys and Girls Ranch, Billings, Montana.

Sensitive support in a beautiful environment. This respected, well-run facility has strong backing in its community and around the state. 16 min.

T-32 TI EKIYE, FINDING THE WAY HOME, Native American Advocacy Project, P.O. Box 527, Winner, SD 57580, 1994

This unique documentary encourages awareness of the plight of Native Americans struggling with serious mental illness. Looking at serious mental illness in both medical and cultural contexts, consumers, family members, traditional elders, and medicine men share their experiences and knowledge with the hope of helping others "find the way home". 68 min.

T-20 UNTIL THERE'S A CURE . . . HOPE AND PROGRESS FOR TODAY: REHABILITATION AND SERVICES, AMI of Lake County IL

A restoration of hope, promoting the development of environments and community support services that enable persons with a serious mental illness to lead rewarding lives . . . TODAY. 20 min.

SCHIZOPHRENIA

F-3 BODYWATCH: SCHIZOPHRENIA: CAPTOR OF THE MIND, 1988

Describes illness/structure of the sick brain, recent twin studies and how NAMI families have supported research scientists. Fountain House in NYC provides an example of the clubhouse approach to rehabilitation of persons with mental illness.

30 min.

F-9 48 HOURS: SCHIZOPHRENIA AND THE MENTALLY ILL ON THE STREETS, 1989

Anchored by Dan Rather.

1 hr.

B-1 GOOD MORNING AMERICA/PHIL DONAHUE: JACK AND JOANN HINCKLEY INTERVIEW, 1986

Good Morning America: NAMI President James Howe, Patient Esso Leete and Samuel Keith, Head of Schizophrenic Research for NIMH discuss this particular brain disease from their particular points of view.

10 min.

Also: Phil Donahue: John Hinckley's assassination attempt on the President and the American Mental Health Fund's determination to make citizens aware of the warning signs of mental illness so such tragedies can be avoided in the future.

45 min.

F-8 JOANN VERBANIC ON SCHIZOPHRENIA AND HOW SHE COPE

The Mental Health Association of Michigan has taped JoAnn Verbanic's story dealing with her illness, succeeding at a demanding job, and leading a 6 step support group for schizophrenics. An amazing story and very hopeful.

17 min.

F-12 LIONEL ALDRIDGE ON RECOVERY, 1989

The former football star and NBC sports analyst gives an honest and inspiring talk on how he learned to cope with schizophrenia.

44 min.

F-13 LIVING ON THE EDGE, 1988

A mother and father relate their experiences in dealing with their son's diagnosis of schizophrenia and subsequent treatment of the disease. They talk about the support and encouragement gained by joining NAMI that helped them cope with the illness.

53 min.

F-14 LIVING WITH SCHIZOPHRENIA: A VIDEO MANUAL FOR FAMILIES, 1990

Psychiatrist Roy Wilson provides down-to-earth, low-key and non-technical explanations of the onset, course, therapies, and difficulties families face in caring for relatives who have schizophrenia. Ann Sheehan, a parent, shares her experiences in coping with a child with schizophrenia; and Ida Mae Bluett and her daughters share their experiences in living with an ill son and brother, before, and after they received help and support. Ruth Brandon, who suffers from schizophrenia and is now living independently, gives her views on family issues from a patient's perspective.

45 min.

T-13 OUT OF DARKNESS, ABC Television Movie, 1994

Diana Ross enacts the tortured struggle of a young woman with schizophrenic illness who finally finds a medication, Clozapine, that helps bring her disease under control. With commercials 2 hrs.

B-8 PHIL DONAHUE: DR. E. FULLER TORREY INTERVIEW, 1985

Discussion on the characteristics and symptoms of the brain disease of schizophrenia.

45 min.

F-4 ROADS TO RECOVERY, AMI of Minnesota, 1986

Four client testimonies, three that speak of schizophrenic breaks which eventually have become success stories, and a fourth that speaks of a young self-destructive woman who has begun to retrain herself for employment by attending school.

29 min.

F-10 SALLY RAPHAEL: PANEL, 1989

Panel on Schizophrenia; Family, Patient, Professional.

1 hr.

F-7 SCHIZOPHRENIA: THE HIDDEN ILLNESS, 1987

Families and ill members discuss their feelings and experiences as they confront mental illness. Good for sharing meetings.

15 min.

F-17 SCHIZOPHRENIA: SURVIVING IN THE WORLD OF NORMALS and A LOVE STORY: LIVING WITH SOMEONE WITH SCHIZOPHRENIA, Beechwood, OH, Wellness Reproductions, 1991

Dr. Fred Frese, a consumer and psychologist and his wife, Penny Frese speak candidly about schizophrenia. Dr. Frese offers an insider's perspective and practical approaches for solving problems that occur; Mrs. Frese shares her insights and experiences. A heart-warming presentation to educate and promote openness about mental illness. Both presentations on one tape. 58 min. each

F-6 SUZANNE TAUNT INTERVIEW ON HEL-ENA TV, 1987

Interview about schizophrenia. 5 min.

F-1 UNDERSTANDING AND COMMUNICATING WITH A PERSON WHO IS HALLUCINATING, 1989

Mary Moller, MSH, RN, CS, explains how the brain functions, describes what happens during an hallucination and, most importantly, offers proven techniques for helping a person through this frightening experience. Has been applauded by consumers, family members, and professionals as extremely useful in dealing with this brain disease. 63 min.

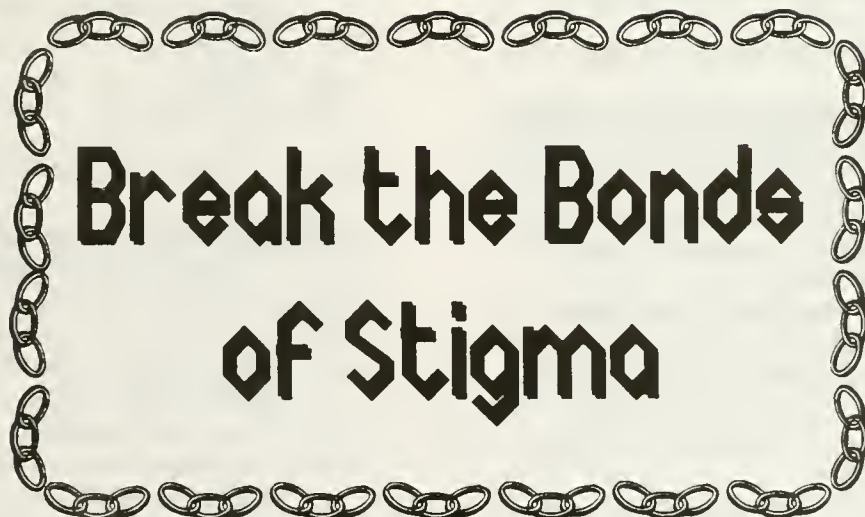
This tape is available for purchase through NurSeminars, Inc., P.O. Box 54616, Omaha, NE 68154-0616

F-16 UNDERSTANDING RELAPSE: MANAGING THE SYMPTOMS OF SCHIZOPHRENIA, 1991

Mary Moller, RN, NurSeminars. See above. 62 min.

T-25 WORLD OF ABNORMAL PSYCHOLOGY: SCHIZOPHRENIAS, Mind Extension University, 1991

Video offers a wealth of recent information using patient testimony, panels, laboratory reports and presentations by highly respected psychiatric professionals. 1 hr.



PART THREE: AUDIO TAPES

- A-1ab Building Self-Esteem in Children; Charlotte Douglas Workshop, 1980. Two tapes.
- A-2 Personal Story of Depression; Charlotte Douglas, 1980
- A-4 Compulsive Overeating: OEA Conference, 1981
- A-7 Finding Out What Works for the Individual: Dr. E. Cranton
- A-8 Surviving Mental Illness; Rae Unzicker, Patient Advocate
- A-9 Mentally Ill Behind Bars
- A-10 Mental Health and Religious Organizations in Partnership, 1987
- A-11 Integration of Religion and Mental Health
- A-13 Jail Panel; Missoula Panel, 1990
- B-1 Roles of the Church for Mentally Ill People and Their Families
- B-2 Coping with Volatile Issues in the Family; NAMI, 1987
- B-3 Borderline Personality Disorder; Rex Cowdrey, NAMI, 1987

1988 NAMI NATIONAL CONFERENCE BOULDER, COLORADO

- B-4 1st Plenary: Opening session
- B-5 2nd Plenary: The Federal Government's Role
- B-6 3rd Plenary: Toward a Better Service Delivery System for Mentally Ill Persons; Bert Pepper, et al
- B-7ab 5th Plenary: The Public and the Media. Two tapes.
- B-13 7th Plenary: NAMI's Future Agenda with E. Fuller Torrey, MD
- B-14 Integrating Education and Services for Mentally Ill Children and Adolescents
- B-15 How Clients Perceive and Manage Their Mental Illnesses
- B-17 Programs That Work: Cirrus House and Thresholds
- B-18 Consumer Potential in Case Management, Colorado
- B-22 Consumer-Run Alternatives to the Mental Health System
- B-23 Crossing the Bridge Between the Criminal Justice and Mental Health System
- B-24 Wills and Trusts
- B-25 Medical Mimics of Mental Illness

- B-27 Understanding and Communicating with a Person who is Hallucinating
- B-28 Changing Minds Through Media

1989 NAMI NATIONAL CONFERENCE CINCINNATI, OHIO

- C-1 Panic Disorder and Depression; Jack Gorman, MD
- C-2 Panic Disorder and Depression; Raymond R. Crowe, MD
- C-3ab 1st Plenary: Opening Session. Two tapes.
- C-6 Borderline Personality Disorder: Biological Research and Treatment
- C-9 Issues of Severe Mental Illness and Substance Abuse
- C-10 A Look at Two Exemplary Training Programs
- C-11 Bipolar, Schizophrenia and Borderline; How Clients Perceive and Manage These Illnesses
- C-12 Families in Action; Building Clubhouse Programs
- C-13 Consumer Run Self-Help Groups
- C-14 Continued Care for Mentally Ill Persons: Self-Sufficiency Trust
- C-15ab Alliance for Mentally Ill/CMHC Clubhouse Partnerships. Two tapes.
- C-16 Fighting Stigma; Bringing Families and Professionals In
- C-17 Developing Community-Based Housing for Persons with Mental Illness
- C-18 SSI/SSDI: Changing a System of Enforced Poverty
- C-19ab 7th Plenary: Into the 1990's - How to Get There? Two tapes.
- C-26 What Goes Wrong in the Developing Brain?

1990 MON/AMI STATE CONFERENCE MISSOULA, MONTANA

- C-20 Laurie Flynn, Executive Director, NAMI
- C-21 Mark Brandow, Director of NW Mental Health Service; Seattle, Dr. Alan Leshner, Deputy Director, NIMH
- C-22 Dr. E. Fuller Torrey, Acclaimed Researcher, Author (Keynote)
- C-23 Foundations of Intimacy; Adult Children of Alcoholic Dysfunctional Families; Kay Flinn 1990

- C-24 Conflict Resolution; A.C.A. above; Jim Farrell 1990
- C-28 Manic No More; Lithium Alliance

1991 NAMI NATIONAL CONFERENCE SAN FRANCISCO, CA

- D-1 Is NAMI to be a Sheep or a Wolf? E. Fuller Torrey, MD
- D-2 Treatment or Punishment; Mentally Ill People and the Criminal Justice System
- D-3 How to Involve Families in Care and Treatment at a State Hospital
- D-4 Psychological Self-Image As a Tool to Understanding Mental Illness
- D-5 Becoming a Sensitive Service Provider: Consumer Experience a Plus
- D-6 Developing Housing for Mentally Ill People: A Look at Three Innovative Projects
- D-8 Comorbidity of Mental Illness and Addictive Disorders
- D-9 New Research in Post-Traumatic Stress Disorders
- D-11 Sexuality, Intimate Relationships and Mentally Ill People
- D-12 AIDS and It's Impact in Mental Illness
- D-13 The Neuropsychiatric Approach to Schizophrenia and Manic Depressive Illness: Four Imperatives for Diagnosis and Treatment
- D-14 The Viral Theory of Schizophrenia
- D-15 Free From Guilt: A Healthy Attitude Benefits Everyone

1992 NAMI NATIONAL CONFERENCE WASHINGTON, DC

- E-1ab Third Plenary: Getting a Fair Share of Services for Mentally Ill People; Frank Sullivan, PhD, King Davis, PhD, Jerry Dincin, PhD, Richard Lamb, MD, Senator Edward Kennedy. Two tapes.
- E-2ab Fourth Plenary: Research in the 90's; Daniel Weinberger, MD, Irving Gottesman, PhD, E. Fuller Torrey, MD, Steven Paul, MD, Seyour Ketty PhD. Two tapes.
- E-3ab The NAMI Family Appreciation Dinner for The Honorable Pete Domenici, U.S. Senator from New Mexico. Includes testimony of consumers on Clozapine. Two tapes.
- E-4 Expanding Supported Housing for Persons with Mental Illness: An Alliance for the Mentally Ill-Mental Health Authority Partnership

- E-5 Alleviating Homelessness Among Mentally Ill Individuals: A National Strategy
- E-6 Promoting Dual Diagnosis Treatment in Local Mental Health and Substance Abuse Treatment Systems
- E-7 Comprehensive Integrated Community Care: One Stop Shop
- E-8 Training Law Enforcement Officers About Mental Illness
- E-9 Services Intervention for Mentally Ill Persons in Rural Areas
- E-10ab Access to New Effective Medications for Severe Mental Disorders During the Decade of the Brain. Two tapes.
- E-11ab How to Cope with the Mental Illness of a Relative. Two tapes.
- E-12ab At Last . . . Siblings and Children are Being Seen and Heard. Two tapes.
- E-13 New Research in Borderline Personality Disorders
- E-14 New Research in Obsessive Compulsive Disorders
- E-15 Prevention of Suicidal Behavior
- E-16 Winner of the Young Scientist Award
- E-17 Neurobiological Basis for Violent Behavior: Children and Adults
- E-18 Electroconvulsive Therapy: A Re-Emerging Therapy
- E-19 Disentangling Mental Illness from Poor Mental Health
- E-20 Understanding and Communicating with a Person Who is Experiencing Delusions
- E-21 Assertive Community Treatment for Homeless Persons with Chronic Mental Illness
- E-22 Manic Depression: Voices of an Illness. Public radio documentary with Patty Duke and a panel of persons afflicted with illness. 1 hr.

1993 NAMI NATIONAL CONFERENCE MIAMI BEACH, FLORIDA

- G-1ab Third Plenary: What We Know About the Brain Anatomy of the Major Mental Disorders: A Scientific Update, Dialogue and Discussion. Two tapes.
- G-2 Assessment and Management of Neuroleptic Noncompliance. Peter Weiden, MD
- G-3 The Strengths Model of Case Management

1994 NAMI NATIONAL CONFERENCE SAN ANTONIO, TEXAS

- H-1 The Three R's Program: Relapse, Recovery, Rehabilitation. Mary D. Moller, MSN, ARNP, CS and Millene F. Murphy, PhD, ARNP
- H-2 Episodic Dyscontrol and Medical Intervention. What Happens to Our Children if Medical Intervention is not Provided? Thomas Martin, MD
- H-3ab Family Education Conference. Two tapes.
- H-4 Non-Employment Issues for People with Mental Illness Under the ADA
- H-5 The Fragile Alliance: Can AMI's and P&As Work Together?
- H-6 New Research in Depression and Manic Depression. Moderated by Rona Purdy/Fred Goodwin, MD
- H-7 New Research in Schizophrenia. Moderated by Mary Ellen Rehrman/Samuel Keith MD
- H-8 Brain Research and Dual Diagnosis. Moderated by Laurie Flynn/Alan Leshner, PhD
- H-9 Overview of Research in Obsessive Compulsive Disorders. Moderated by Mary Ann Beall/James Claghorn, MD
- H-10 Can We Do Better with Medication Compliance? Issues for Consumers, Families and Doctors. Moderated by D.J. Jaffe/Peter Weiden, MD
- H-11 Overview of Research in Borderline Personality Disorder. Moderated by Stella March/Rex Cowdry, MD
- H-12 The Genetics of Mental Illness. Moderated by Dolores Encinas/Edward Ginns, MD
- H-13 New Drugs for Schizophrenia
- H-14ab The Legal Network Meeting -- "Right to Treatment". Two tapes.
- H-15ab Third Plenary: Hope for the Future: Research Projects Supported by the Stanley Foundation. Moderated by E. Fuller Torrey, MD/Francine Benes, MD PhD, Robert Yolken, MD, Robert Post, MD, Ben Sapers. Two tapes.

- H-16ab How Managed Care Will Affect Healthcare Reform and Mental Illness. Two tapes.
- H-17ab Update on Severe Psychiatric Illness in Children and Teenagers. Two tapes.
- H-18ab The Journey of Hope: Highlights of the Family-to-Family Education and Support Group Program. Two tapes.
- H-19 A Comparison of Vocational Rehab Programs: How Do Consumers Fare?
- H-20 Mental Health Services in Rural Communities: Challenges for Professionals, Consumers and Families
- H-21 Working with the Hard Stuff: A Hopeful Approach for Families
- H-22 Strategies for Coping with Depression and Manic Depression
- H-23 How Foods Can Mess Up Your Meds/How Meds Can Mess Up Your Food
- H-24 Strategies for Reducing Psychotic Symptoms in Schizophrenia
- H-25 Attention Parents: Meeting the Needs of Your Well Siblings

AUDIO-CASSETTE FOLIOS

- F-1 1988 NAMI National Conference; Boulder, CO; 12 Tapes
- F-2 International Association of Psychosocial Rehabilitation Services Conference; Miami Beach 1989; 12 Tapes
- F-3 A House is Not a Home; 4 Tapes
- F-4 Financing Community Services for the Long Term Mentally Ill; 8 Tapes
- F-5 The Creative Imperative: Prose Poetry on Mental Illness and Related Subjects by Rachel Corday; 1992, 6 Tapes
(Consumer Corday's thoughts on psychosis, suicide, the psychiatric nurse are not to be missed.)
- F-6 Cognitive Therapy of an Avoidant Personality; Aaron T. Beck, 1991; 2 Tapes



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HABILITATION TRAINING.** 126 pgs.

Friday, Jennifer C.

RID:wln89-086386

362.2 FRIDAY 1981

**YOU ARE NOT ALONE: UNDERSTANDING AND
DEALING WITH MENTAL ILLNESS: A GUIDE
FOR PATIENTS, FAMILIES, DOCTORS, AND
OTHER PROFESSIONALS.** 496 pgs.

Park, Clara Claiborne. 1st ed. Little, Brown, c
1976. xiii; ISBN:0316690732

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362.2 PAR

**MENTAL
ILLNESS**

**MANY AMERICANS
CAN'T PUT IT OUT
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NAMI MUST READING

NAMI's Literature Committee has compiled a list of books that are "must reading" for everyone who wants to be informed about mental illness. This is the "basic library" that NAMI recommends all affiliates should have. Consult your current NAMI Advocate for prices, list the items you desire and send it with your check to NAMI/RDS, 2101 Wilson Boulevard, Suite 302, Arlington, VA 22201. Add 10% of the total cost for postage.

ANDREASON, Nancy, The Broken Brain: The Biological Revolution in Psychiatry, New York, Harper & Row, 1984, 278 pgs. paper.

BOURICIUS, Jean K., Psychoactive Drugs and Their Effects on Mentally Ill Persons, Arlington, VA NAMI, 1989, 116 pgs. paper.

PAPOLOS, D. & Janice Papolos, Overcoming Depression, New York, Harper & Row, 1992, Revised Edition, 393 pgs. paper.

TORREY, E. Fuller, MD, Surviving Schizophrenia: A Family Manual, Revised Edition, New York, Harper & Row, 1988, 460 pgs. paper.

McELROY, Evelyn Ph.D., Children & Adolescents with Mental Illness: A Parents Guide, Kensington, MD, Woodbine House, 1988, 221 pgs. paper.

Annotated Reading Lists, 1990, Arlington, VA NAMI, 1990, 36 pgs. paper.

RAPOPORT, Judith L., MD, The Boy Who Couldn't Stop Washing. The Experience & Treatment of Obsessive-Compulsive Disorder, New York, E.P. Dutton, 1988, 260 pgs. paper.

TORREY, E. Fuller, Nowhere To Go: The Tragic Odyssey of the Homeless Mentally Ill, New York, Harper&Row, 1988, 256 pgs. cloth, \$18.00, paper.

TURNBULL, J. Rutherford, Disability and the Family: A Guide to Decisions for Adulthood, Baltimore, MD, Paul H. Brooks Publications, 1989, 432 pgs. paper.

TORREY, E. Fuller, et al, Care of the Seriously Mentally Ill: A Rating of State Programs, Third Edition, Washington, DC, Public Citizen Health Research Group and NAMI, 1990, 192 pgs.

A forceful statement and comprehensive analysis of services for persons with mental illness. An essential lobbying tool.

GORMAN, Jack, MD, The Essential Guide to Psychiatric Drugs, New York, St. Martin's Press, 1990, 398 pgs. cloth.

HATFIELD, Agnes B., Family Education in Mental Illness, New York, Guilford Press, 1990, 212 pgs.

1991 Supplement to Annotated Reading List, Arlington, VA, NAMI, 1991, 20 pgs. paper.

HATFIELD, Agnes B., Coping with Mental Illness in the Family: A Family Guide, Arlington, VA, NAMI, 1991, 68 pgs. paper.

AMERICAN PSYCHIATRIC PRESS, Diagnostic and Statistical Manual of Mental Disorders Third edition, revised, Washington, DC, 1987, 608 pgs. paper.

Mental Illness

Is A Disease ---

Not A Disgrace



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Abraham Lincoln *Virginia Woolf*
LIONEL ALDRIDGE **Eugene O'Neill**
Beethoven Gaetano Donizetti
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John Keats Tennessee Williams
Vincent Van Gogh Isaac Newton
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